

## Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

## **DOSSIER**

On

"Webinar: Mental Detox"

On

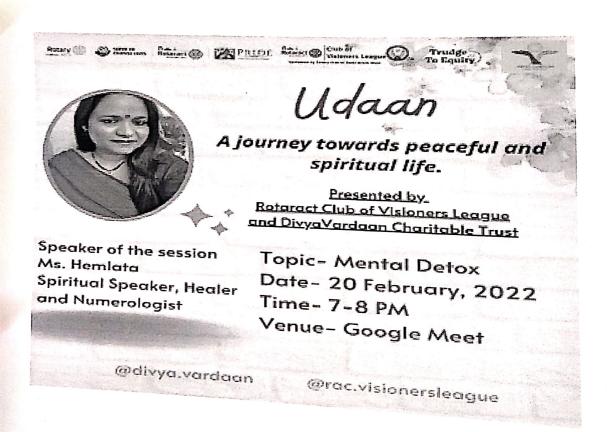
Feb 21, 2022

140 21, 2022		
Title	Webinar: Mental Detox	
Date and Time	Feb 21, 2022	
Venue	Zoom Webinar	
Resource Person/ Facilitator	Programme Officer Rotaract - Mr. Vinod Kumar	
No. of Participants	100	



Summary	The Rotaractors of Rac DSPSR actively participated in the webinar on the topic Mental Detox. "Take your time healing, as long as you want. Nobody else knows what you've been through. How could they know how long it will take to heal you?" — Abertoli Maintaining your mental health is vital to living a happy, healthy life. But unfortunately, millions of people struggle with mental illnesses that leave them feeling hopeless, helpless and alone. Our club collaborated with RID 3011, with DivyaVardaan Charitable Trust, here with the webinar on Mental Detox by Ms Hemlata (A spiritual Speaker, Healer and Numerologist).
Winners	Not Applicable

## Photographs of the Event



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