



**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**

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

*Vinod Kumar*

<b>Summary</b>	<p>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).</p>
<b>Winners</b>	<p>Not Applicable</p>

**Photographs of the Event**

Rotary  
 Rotary International  
 Rotary Club of Visioners League  
 Trustgo To Equity

**Udaan**  
*A journey towards peaceful and spiritual life.*

Presented by  
Rotaract Club of Visioners League  
and DivyaVardaan Charitable Trust

Speaker of the session  
 Ms. Hemlata  
 Spiritual Speaker, Healer  
 and Numerologist

Topic- Mental Detox  
 Date- 20 February, 2022  
 Time- 7-8 PM  
 Venue- Google Meet

@divya.vardaan      @rac.visionersleague

*Prakash*