

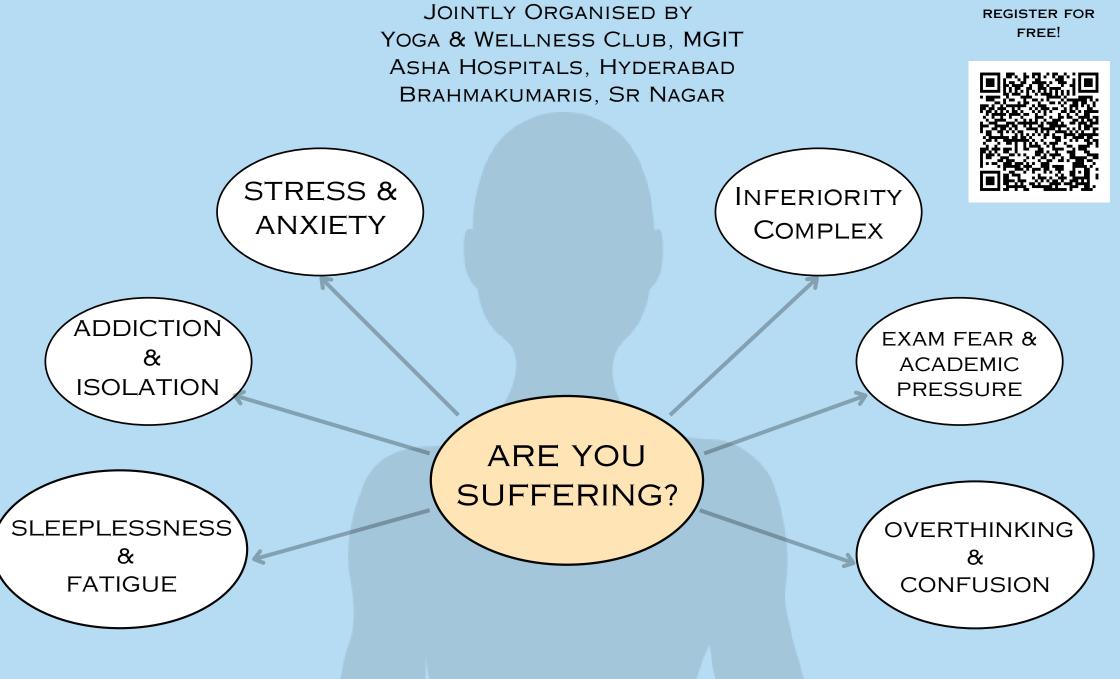


## A MENTAL WELLNESS INITIATIVE FOR YOUTH ON

MOTIVATE 28

EMPOWER YEARS

## MIND CONDITIONING



## SALIENT FEATURES

- PHOTO EXHIBITION (8AM-6PM)
- TALKS BY PROFESSIONALS (2PM-6PM)
- STRESS MONITORING (1PM-2PM)
- ONLINE CHATBOT COUNSELING (2PM-5PM)
- YOGA EXERCISE (8AM-9AM)
- MIND SPA (10AM-1PM)
- SCREENING FOR MENTAL HEALTH (10AM-1PM)

VENUE:BAPUNAGAR COMMUNITY CENTRE, SR NAGAR MAIN ROAD OPP TO PILLAR NO.1019 NEAR SR NAGAR METRO STATION DATE:2ND MARCH 2025 TIME:8AM TO 6PM





