



ST JOSEPH'S UNIVERSITY

#36, Lalbagh road, Bangalore 560027, Karnataka India
A university established under RUSA 2.0 of MHRD(GOI) and Karnataka Act no 24 of 2021



NATIONAL SERVICE SCHEME UNIT -2

Presents



MENTAL HEALTH DAY



You don't have to control your thoughts. You just have to stop letting them control you.

Resource Person:

Estelle D'Souza

Counselling Psychologist

Date: 14-10-2024

Time: 1:30 - 3:30 P. M

Venue: Audi Basement

Rev Dr Victor Lobo Sj
Vice - Chancellor

Selwyn Paul .J
NSS Program Co-Ordinator

Dr. Asha K
Program Officer

Mr. R Ebenezer
Faculty Incharge

FOR FURTHER QUERIES CONTACT:

(Event Organiser) Safa Manhal
+91 93593 79915



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