

# Looking after Our Mental Health



A workshop on caring for our mind, body, and spirit

## Dr Suman Behmani

Family counselor, Hisar district court  
Relationship Psychologist



**DATE:** 8TH OCTOBER, 2024

**TIME:** 11.45 AM ONWARDS

**VENUE:** ROOM 145

### Coordinators:

Dr Yogesh Kumar  
Dr Preeti Droliya

### Teacher in Charge

Prof. Kalawati Saini  
Department of Chemistry  
Miranda House

### Patron

Prof. Bijayalaxmi Nanda  
Principal  
Miranda House