

# MIRANDA HOUSE

UNIVERSITY OF DELHI

# PINNACLE

THE DEPARTMENT OF B.A. PROGRAMME

*Presents*

**BEING WITH WELL-  
BEING: PAUSE,  
UNWIND &  
RECONNECT**

**DATE: 25 Oct 2021**

**TIME: 5:00 PM - 6:30 PM**

**PLATFORM: Zoom**

Google form link:

<https://forms.gle/r815cxK5StWtRd248>

Staff Advisor :

Ms. Shruti Sharma Sethi

**For queries, contact:**

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9811653112**

**OPEN FOR STUDENTS OF B.A. PROGRAMME, MIRANDA HOUSE**



UNBOTTLE  
EMOTIONS



*Refresh 2.0 - A Student Well-Being Campaign with*



**JUHI SHARMA**

Founder and CEO of Light Up,  
Emotions Matter Foundation  
and Unbottle Emotions