

# Rotaract Club of Basanti Devi College

Presents

## *Release the Pressure and Relax.*

A One Day Workshop on Mental Health Well-being



**Speaker : Swagata Dutta**  
**Psychological counsellor, Basanti**  
**Devi College.**

## Resgister yourself for this life changing workshop ..

**Registration Link : <https://forms.gle/ADZQGTLrTc5V86Bo9>**

*Saturday 6 PM | May 22nd, 2021.*

*Venue : Google Meet*