

ROTARACT CLUB OF BASANTI DEVI COLLEGE

SPONSORED BY ROTARY CLUB OF CALCUTTA METROPOLITIAN

PROJECT REPORT

PROJECT NAME	AASHAWAAD – A WORKSHOP ON MENTAL HEALTH WELL-BEING
AVENUES OF SERVICE	INTERNATIONAL AND COMMUNITY SERVICE
DATE	MAY 14TH, 2021
VENUE	ONLINE (GOOGLE MEET)

DESCRIPTION	<p>Rotaract Club of Delhi Femina, RID 3011 organised a one day workshop on mental health well-being (Aashawaad) on 14th May from 6 P.M onwards on Google Meet.</p> <p>Along with the other collaborating partners of the Rotaract Club of Delhi Femina, RID 3011 the Rotaract Club of Basanti Devi college, RID 3291 was one of the collaborating partner in this workshop.</p> <p>The speaker of the session was Rtn. Rtr. Shreya Sinha.</p> <p>The session was quite interesting and interactive. The number of participants almost reached 70. She taught us several exercises and recommended us how to keep our mental health healthy and soothing during this pandemic while we stay at home. The workshop helped us and many others as well present there to come out of the stressful and monotonous life that we are leading right now and enter into a</p>
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	<p>world of positivity and mindfulness for the moment.</p> <p>We wish to collaborate for such wonderful and informative sessions in the future.</p>
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Gallery (Maximum 4 photos including the poster)

The posters for the online workshop can be found [here](#)