



शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेस फॉर वुमैन
SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN

(दिल्ली विश्वविद्यालय)

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NOTICE

PSYMENTIA – Department of Psychology, under the aegis of IQAC, Shaheed Rajguru College of Applied Sciences for Women, is organizing a Seminar titled "Through the Silence Within: Accessing Hope, Healing, and Resilience" and Interactive Activities to commemorate World Mental Health Day on Friday, 10th October 2025.

All are cordially invited to join the celebration.

Date: 10.10.2025

- Seminar
Time and Venue: 11 am onwards, SRG
- Activities
Time and Venue: 2 pm onwards, Foyer area

[Signature]
Prof.(Dr.)Payal Mago
Principal

[Signature]
Dr. Daya Bhardwaj
Teacher Incharge
Department of Psychology