



BPDC COUNSELING CENTER
INVITES YOU
TO CELEBRATE

WORLD
**MENTAL
HEALTH
DAY**

10 OCTOBER

YOGA BY KAVITA PINGALE

@12PM

VENUE - AUDITORIUM

P.S. WEAR COMFORTABLE CLOTHING

OPTIONAL – CARRY YOGA MAT

For more information visit the counselor



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11 OCTOBER

DISCUSSION ON 'BREAKING THE STIGMA'

BY DR. LAKSHMI SARANYA

@11AM

VENUE - BPDC AUDITORIUM

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