

THE MENTAL HEALTH COMMITTEE 'MANSA'

under the aegis of "IQAC"

MOTILAL NEHRU COLLEGE

University of Delhi



INVITES YOU FOR A MENTAL HEALTH WORKSHOP
TAMING THE MIND TO BE OUR FRIEND

FREE

The Art Of Mind Control

A MENTAL WELLBEING
COURSE

20TH NOV,
WEDNESDAY
11:30 AM



SEMINAR HALL

YES ! You too can experience the Power of the focused mind



Lecture | Prasadam | Drama | Q&A Session

LEARN HOW TO :

Scan For Registration

- Improve memory & concentration
- Be more productive & efficient
- Manage your emotions
- Improve your Intelligence Quotient (IQ)
- Build a positive attitude
- Manage your thought process

FOR STUDENT OF ALL COURSES | CONTACT +917042714504