



SRI AUROBINDO COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME



wishes you all

Let's
TALK
about
MENTAL
health

It's okay to
take a break

WORLD
MENTAL
HEALTH DAY

Oct 10th

Today is World
Mental Health
Day!

Take a breather.
Have a hot drink.
Relax. Rest.

Let's take care of
our mental health




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