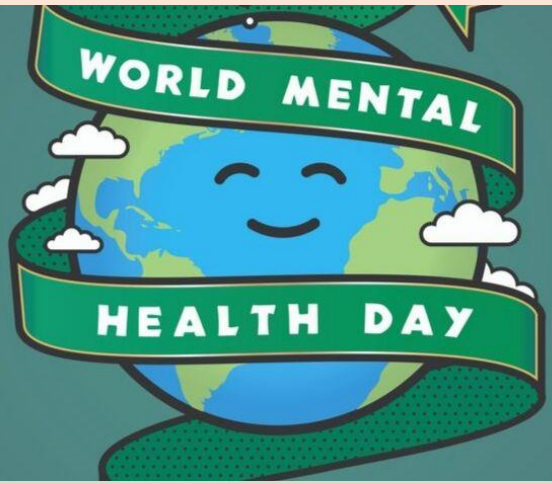


10TH OCTOBER 2021

Happiness can be found even in the darkest of the times, if only you turn on the LIGHT!



Healthy body is essential for healthy mind; Similarly, healthy mind is essential for a healthy body. So, take control of your Emotional Health.

Seek Professional help do not hesitate or feel ashamed.



Counselling

How?



Cultivate hobbies that you enjoy.



Maintain a healthy life style.

Do not compare with others.



Keep company of people with positive attitude.

Please remember, YOU are the BOSS of YOUR HAPPINESS.

