



Shakti Club Of Jabalpur

Webinar on "Women Mental Health Awareness"

Mental health is the key to a meaningful life, a woman is the center of the family, the whole family is dependent on her, so the need and care of her mental health is very important, and we understand this need well, Therefore, on 8/10/20 shakti club of Jabalpur are organizing a webinar on "Women Mental Health awareness".

With Mrs. Payal Chourasia, a senior and eminent psychologist dedicated to the women health and mental hygiene, will explain in detail the physical and mental changes and effects of a woman in her growing age.





“WAKE-UP”

(Mental Health And Psychology Counseling Center)

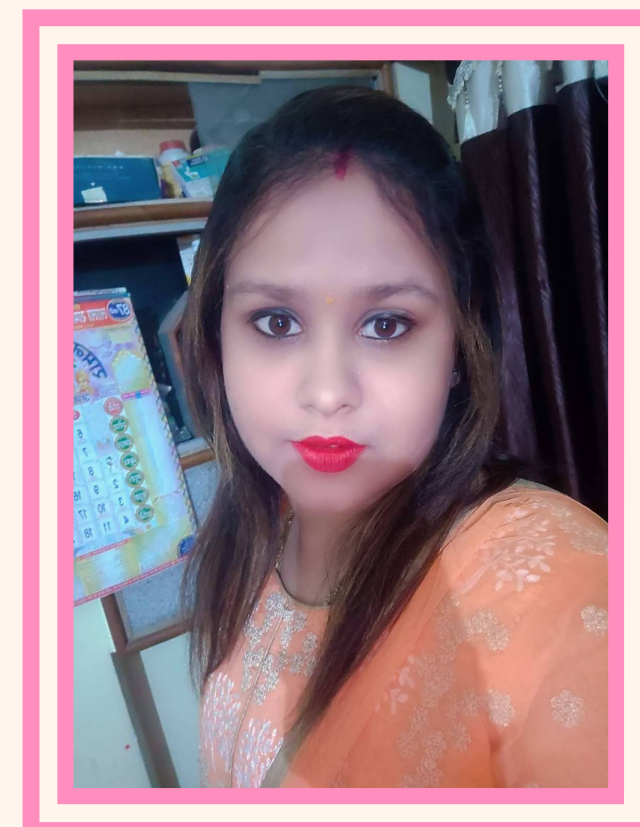
Wake-up From **Body** • Wake-up From **Mind** • Wake-up From **Soul**



Speaker
Mrs. Payal Chourasia
psychologist
Dir. founder "wake
up" psychology
counselling center
jabalpur



President
Mrs. Neelam Sing
Shakti Club Of
Jabalpur



Co-President
Mrs. Shivani Shirma
Shakti Club Of
Jabalpur

**"WAKE UP" MENTAL HEALTH AND PSYCHOLOGY
COUNSELLING CENTER JABALPUR MOBILE NUMBER -
9425659425 "MENTAL HEALTH AWARENESS PROGRAM
ON MENTAL HEALTH DAY**

Date 08 October 2020 (Tuesday) Time 4 pm

Register yourself with following google form

<https://forms.gle/T7GKc1ziFoF2jDhKA>

**Venue via
WEBINAR (link will be intimated later)**

Webinar On " Women Mental Health Awareness"