



G. Pulla Reddy College of Pharmacy

Mehdipatnam, Hyderabad


Affiliated to Osmania University and Approved by PCI

Accredited By National Assessment and Accreditation Council (NAAC)



Guest lecture on NAVIGATING EMOTIONS AND MENTAL HEALTH

Mrs. Saloni Agarwal, Psychologist, Counselor, CounsHeal Organization, Hyderabad has given a talk on topic “**NAVIGATING EMOTIONS AND MENTAL HEALTH**” on 23rd November, 2024. She has explained the key points to manage through meditation, control emotions and how to maintain the relationships etc., For this session about 90 students of B.Pharm I year and Pharm.D I year were attended and interacted well


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