

Somatic Therapy for Mental Health

Dealing with Depression, Helplessness, Anger and Self-harm



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Date: 14th May 2021

Time: 3.00-4.30 PM

Link to Register for the Event:

<https://forms.gle/AQhMgMwBo4dS9uxm8>

(Registration is compulsory & will close on 13th May, 12 PM)

Coping with Covid-19 Pandemic: Workshops and Counselling sessions

We are in the midst of one of the worst crisis most of us have ever faced in our lives. We are not only dealing with an unprecedented level of economic and social hardship in pursuing normal life goals but our mental wellbeing is under severe stress.

The Department of Sociology, University of Delhi is holding a series of online workshops and counselling sessions for students and faculty of the Department with experts and specialists in the field of mental health and wellbeing.

