



# "IN SEARCH OF WELL BEING"

## MENTAL HEALTH 101: *Spot, Regulate, Cope*

Organised By:



Department of Psychology, Bethune College

In Collaboration With:



Resource Persons:



Ms. Husena Dhariwala & Ms. Apurva Jain  
Clinical Psychologists, Mind's Treasure  
(Alumni - Bethune College)

**4<sup>TH</sup> September, 2025, Thursday, 12 PM**  
**CENTENARY HALL**

Dr. Rajyasri Roy  
Principal,  
Bethune College

Dr. Nilanjana Bagchi  
HOD, Psychology,  
Bethune College