

Join us for a 1-hour
interesting workshop on



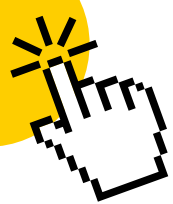
You Are Not Your LIKES: Social Media Without Stress

To help students be empowered
with practical strategies to handle
social media usage and online
communications and boundaries.

Workshop Schedule

Wed, 15/07/26 Sun, 19/07/26
6:00 – 7:00 PM 6:00 – 7:00 PM

[Click to Join](#)



Scan to join



Moumita P

3+ years of experience
Holds a Master's in
Clinical Psychology



Ananya Sharma

3+ years of experience
Holds a Master's in
Clinical Psychology

Karo counsellors se connect
Kahin bhi. kabhi bhi.

Whatsapp Chat



1:1 Online



Scan the code to
connect with counsellors

*You can also access the tools
for instant mental comfort*

Other ways to join — peakmind.in/aeslinfo

Note : Please add the event to your calendar for the day and time you want to attend