



St. Xavier's University, Kolkata

Faculty of Arts & Social Studies

DEPARTMENT OF PSYCHOLOGY

presents

A SEMINAR ON

MINDFULNESS AND MENTAL HEALTH

SPEAKER

Dr. PALLAVI BANERJEE
CONSULTANT PSYCHOTHERAPIST



3:00 -
4:40 PM



12 AUGUST
2024



Albert Huart Hall, 4th floor,
Arrupe Central Library Building

