

2.30PM IST | 5PM MYT | 10AM BST

AUG 28 2021



MENTAL HEALTH - A DAILY AFFAIR



**Register
now**

Taking care of our mental hygiene on a daily basis is vital for mental health. Why do we suffer mental health issues? Why are we not able to let go? Why do we get stuck with repeated thoughts and mental patterns?

Mail to events@aashwasan.com

India + 91 9731301016/17 | USA +1 6464624232 | Malaysia +60 166087376 | UK +44 203 514 1061

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Takeaways

- Understand the root cause of mental health issues
- Clarity on the mechanism of mental disorders
- Knowledge of body-mind-soul mechanism
- Case studies that bring hope and assurance
- Experience of inner healing that gives deep harmony

About

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