

# This SUICIDE PREVENTION DAY [ 10th September ]

इडलइक्षेत्पारी invites you to

## Honest Conversations +:

a ray of hope in this lockdown

LIVE session of mindful therapy with

## Shilpy Shailaja Shyamsukha

& find out the best ways to stay positive in these trying times



Soaring beyond boundaries



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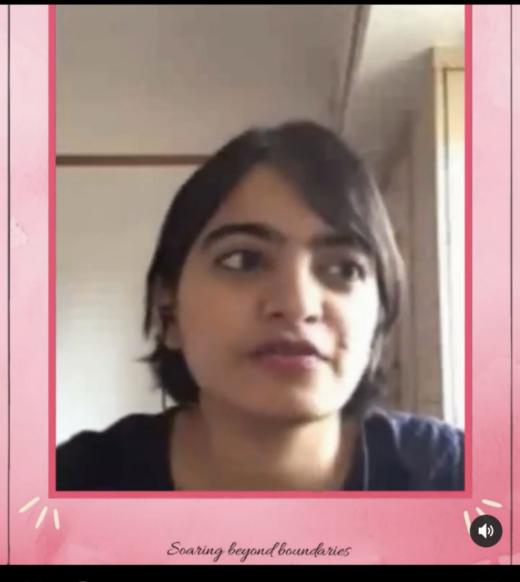








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A ray of hope in this lockdown! 🦙

Here's the teaser of the live session of mindful therapy with

Shilpy Shailaja Shyamsukha 🤵

Stay tuned to our YouTube Channel to watch the full video & find out the best ways to stay positive in these trying









