

**VIDYASAGAR  
METROPOLITAN  
COLLEGE**

**Students' Week**

DAY 1 -- 2nd January 2024

2.30-4.30 pm Iswar Chandra  
Sabhakokkho

**STRESS RELIEF  
AND MENTAL  
HEALTH**

**STEPS TO A NEW  
YOU**

with

**ARUP GHOSH,  
Consultant  
Hypnotherapist &  
Life Coach, VMC**

