



University of Mumbai



*Health And Beyond Foundation
Sustainable Solutions for Health*

Seminar on *Stress and Mental Well-being*

Organized by

**Department of Applied Psychology and Counselling Center
and Health Centre, University of Mumbai
in Collaboration with
Health and Beyond Foundation**

*Inauguration by: Dr. Ravindra Kulkarni, Hon'ble Pro-Vice Chancellor,
University of Mumbai*

Date: - 3rd October, 2018

Time: - 2.00 pm to 5.30 pm

*Venue: Auditorium, Department of Applied Psychology & Counselling
Center, University of Mumbai, Vidyanaagari, Santacruz (East), Mumbai- 98.*