



**Shaheed Rajguru College of Applied Sciences  
for Women  
University of Delhi  
PSYMENTIA**



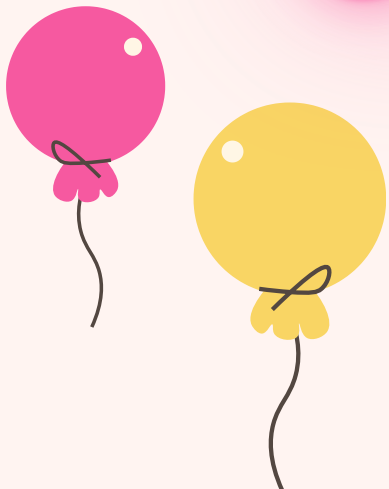
**DEPARTMENT OF PSYCHOLOGY**

*presents*

*Treasure* 23

**EXPRESSO**

*Burst your fear*



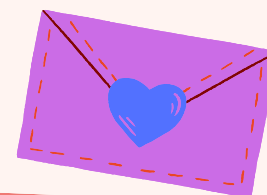


# ABOUT THE ACTIVITY



**EXPRESSO: BURST YOUR FEARS, IS AN ACTIVITY THAT IS DEVELOPED BY THE CONCEPT OF 'CATHARSIS' WHICH SIMPLY MEANS PURGING THE EMOTIONAL TENSION THAT ONE IS CARRYING WITH THEMSELVES THROUGH A CERTAIN KIND OF ACTIVITY AND THROUGH THAT ATTAINING A POSITIVE ASPECT.**





- COME FIND US AT: FOYER AREA (ACADEMIC BLOCK)
- ON: 8TH NOVEMBER 2023
- TIME: 11AM ONWARDS

**For inquiries, contact :**  
**Shambhavi Sharma: 9929108578**  
**Anjali Dwived: 8287873584**