

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

DEPARTMENT OF PSYCHOLOGY



Burstyour fear









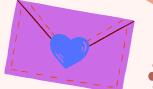


EXPRESSO: BURST YOUR FEARS, IS AN ACTIVITY THAT IS DEVELOPED BY THE CONCEPT OF 'CATHARSIS' WHICH SIMPLY MEANS PURGING THE EMOTIONAL TENSION THAT ONE IS CARRYING WITH THEMSELVES THROUGH A CERTAIN KIND OF ACTIVITY AND THROUGH THAT ATTAINING A POSITIVE ASPECT.

ACW TO ENGAGE?

ALL YOU NEED TO DO IS JUST WRITE YOUR FEAR ON A BALLOON STICKING TO THE BOARD AND THEN POP IT SO THAT YOU CAN FEEL A SENSE OF CONTROL OVER YOUR EMOTIONS WITHIN YOURSELF.







AS A PAT ON THE BACK, YOU'LL ALSO BE GIVEN LOVELY, RADIANT AND POSITIVE AFFIRMATIONS WHICH CAN REPLACE YOUR FEAR AS WELL!

• COME FIND US AT: FOYER AREA (ACADEMIC BLOCK)

• ON:8TH NOVEMBER 2023

• TIME: 11AM ONWARDS

For inquiries, contact:

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