

MIND HYGIENE 3.0

Dr Parth Vaishnav (M.D Psychiatry) discussed challenges faced by the young generation in their daily lives through storytelling of four college friends. Intertwining with the stories, various common routines and habits harming general health and social well being were discussed. The session ended with felicitation of Dr Parth Vaishnav and his daily routine Mantra for good mental health.

