



Institute of Home Economics

(University of Delhi)

Department of Biochemistry

Presents

A Workshop – “Mind Meets Mood”

In collaboration with

“Soul School”



Soul
School

**JOURNEY TO SELF
DISCOVERY**

“MIND MEETS MOOD”

**SCAN TO
REGISTER**



ACTIVITIES

Learn about emotions ●

Identify emotional triggers ●

Fun Worksheets ●

Q&A ●

**5TH MAY, 2025
11:00AM TO 1:00PM**

Contact Us



soulschool55@gmail.com

**Patron: Prof. Radhika Bakhshi,
Director**

**Organizer: Faculty,
Department of Biochemistry**