



# **Vasant Kanya Mahavidyalaya**

(Run by The Indian Section, The Theosophical Society)  
Admitted to the privileges of Banaras Hindu University



Organizing  
a  
Special Lecture  
on

## **“Self-Development & Mental Health”**

*Organized by*  
**Youth Committee**

**DAY AND DATE - 12 JANUARY 2026; TIME - 01:00 PM**  
**VENUE- SEMINAR HALL (ROOM NO. 16)**



**Prof. Rakesh K Upadhyay**  
**Director, Language Journalism,**  
**IIMC, New Delhi**

**Incharge**  
**Dr. Anuradha Bapuly**

**Mentor**  
**Prof. Rachna Srivastava**  
**Principal**