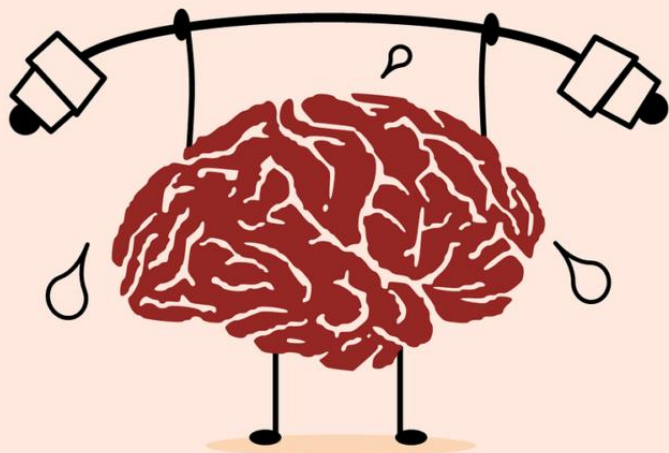


HEALTHY MIND HEALTHY BODY

MS. REWA. GODBOLE
M.A. PSYCHOLOGY (COUNSELLING)
(COUNSELLING PSYCHOLOGIST)



HEALTHY HABITS

Do exercise



Do running

HEALTHY HABITS

EAT HEALTHY FOOD

DRINK MILK AND WATER



COUNSELLOR REWA
Resolving the unresolved

HEALTHY HABITS

BRUSH TEETH

**CUT NAILS
COMB HAIR**

TAKE BATH

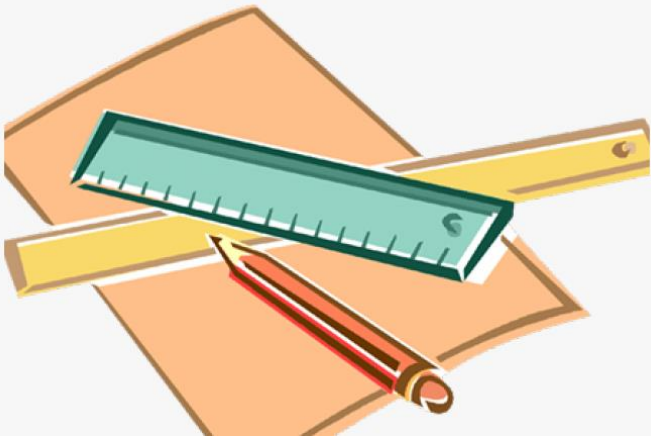
WASH HANDS



HEALTHY HABITS

**DO
HOMEWORK
EVERYDAY**

**READ
WRITE
EVERYDAY**



HEALTHY HABITS

WATCH TV
FOR LESS TIME

WATCH MOBILE
FOR LESS TIME



HEALTHY HABITS

SLEEP



MEDITATE



COUNSELLOR REWA
Resolving the unresolved

**BE HEALTHY EVERYDAY
STAY HEALTHY..STAY SAFE.**



healthy
body

+



healthy
mind

=



happy
life



COUNSELLOR REWA
Resolving the unresolved

THANK YOU



COUNSELLING SERVICES

Child | Adult
Parental | Marital
Family | Career

TESTING SERVICES

IQ | Aptitude
Interest | Personality

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