

“Our biggest problem as human beings is not knowing that we don’t know.”

The first step towards change is awareness. The second step is acceptance.

Let's take this first step together.

Sydenham Alumni Cell had taken a small initiative to spread awareness on the topic Mental Health & Meditation with the help of one of the most renowned personalities, Binaifer Chakraborty.

She is a Reiki Master, EFT Healer and Candle Healer and was also the Chief Speaker for the online session conducted on 5th September.

Ma'am interacted with the students and answered all their queries. She also conducted a live Meditation session. It was our mission to lend a helping hand to all those people going through any kind of emotional discomfort, specially due to the ongoing pandemic.