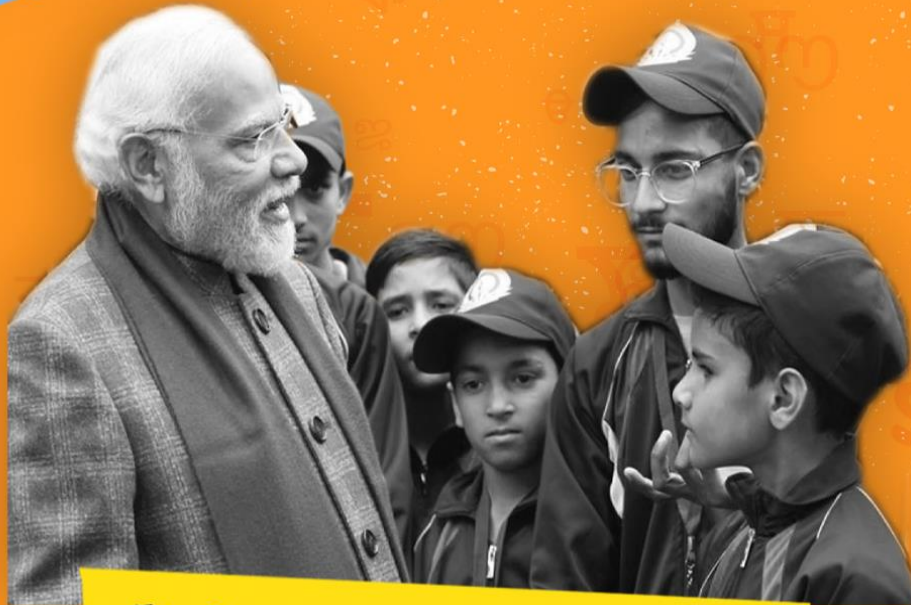


# Bal Bharati School

Rewa (M.P.)



## BREAKING THE STIGMA & BUILDING STRENGTH



Join Deepika Padukone in a power talk on crushing stress and building mental resilience.

**Episode – 2 (Deepika Padukone)**



- Mental Health:** Ms. Deepika Padukone
- Technology & Finance:** Shri Gaurav Chaudhary
- Nutrition:** Ms. Shonali Sabherwal and Ms. Rujuta Diwekar
- Mindfulness & Mental Peace:** Shri Sadhguru