



"Who am I?"

What would be your answer to this question?

In the hustle and bustle of life, self-reflection often takes a back seat, leaving our emotions unexplored. It's time to prioritise ourselves and reconnect with our inner selves.

As Google Maps guides us through unexplored routes, self-awareness can guide us through life. So this February, embark on a journey of self-discovery!

Introducing **"Discover Your Self"**- a campaign which is all about understanding and nurturing your most important relationship, the one with yourself.

As a part of this campaign, we will be conducting:

Discover Your 'Self'

A quiz-based activity that helps you understand and nurture your relationship with the self.

REGISTER NOW!

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com

**Standing with you,
Team YourDOST**