WORLD MENTAL HEATH DAY

<u>Poster Display Program:</u>

Medical care unit organised a poster display program on October 10, 2023 to emphasize the significance of mental health particularly among students. The event aimed to raise awareness and promote discussion on mental well being, addressing issues such as depression, anger management, fear, anxiety, etc

On this day, a student from Personality Development Program actively participated by creating a poster highlighting key aspects of mental well being. This particular poster was showcased, and the student received recognition through a prize for her contribution to promoting healthy mental points.

The display provides an opportunity for students and staff to learn and engage in conversation about fostering healthier mindset.