



**SEETHALAKSHMI RAMASWAMI COLLEGE**

**(Autonomous)**

**Tiruchirappalli**

**Accredited with A+ by NAAC (4<sup>th</sup> Cycle)**



**MANASA Club invites you to the special lecture on the topic**

# **Nurturing the 5 C's : For Successful College Life**

*The 5C's of Well-being*

*Building Competence, Confidence, Connection, Character & Caring for Mental Health*

**Dr. M. AJOY M.B.B.S, M.D (PSY), FIACAM.,**  
Consultant Neuropsychiatrist & Managing Director,  
Vishvik Mind Care Centre,  
Thillai Nagar, Trichy-18

**Time : 02.00 p.m.**

**Date : 31.08.2026**

**Venue : GSR Hall**



*All are cordially invited*

