



SEETHALAKSHMI RAMASWAMI COLLEGE

(AUTONOMOUS)

**AFFILIATED TO BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI**

Accredited with A+ by NAAC (4th Cycle)



Centre for Ethics & Human Values



observes

World Mental Health Day

MENTAL HEALTH | AWARENESS | COMPASSION | WELL-BEING



Date:
09.10.2026



Time:
11.00 a.m.



Venue:
Mookambika Hall

3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



10 REDUCED INEQUALITIES



17 PARTNERSHIPS FOR THE GOALS



Topic:

**Digital Detoxification and
Mental Wellness**



Resource Person:



Dr. Gokulakrishna Manisundar
Ayurveda Physician, Srirangam

*Healthy
Minds
Brighter
Futures*

Mindful

Present

Balanced

Healthier

Happier

1951

Platinum Jubilee

2026