VINAYAKA MISSION'S
HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL
Recognized by the National Commission for Homoeopathy, New Delhi
(NABH ACCREDITED HOSPITAL)
VINAYAKA MISSION'S SALEM CAMPUS

VARIYAR

VINAYAKA MISSION'S RESEARCH FOUNDATION
(Deemed to be University under section 3 of the UGC Act 1956)

37+ YEAR OF EXCELLENCE IN HOMOEOPATHY

National Stress Awareness Day

2026

November 4, 2026

Recognize • Manage • Reduce Stress
for a Healthier and Happier Life

- Be Physically Active
- Eat Nutritiously
- Get Adequate Sleep
- Practice Relaxation (Talk, Breathe, Meditate)
- Stay Connected with Family & Friends
- Seek Professional Support When Needed

For More Details

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