



VINAYAKA MISSION'S
**HOMOEOPATHIC MEDICAL
COLLEGE & HOSPITAL**
Recognized by the Kerala Council 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)



DEPARTMENT OF PSYCHIATRY ORGANISING

World **MENTAL HEALTH DAY**

2-DAY STUDENT PROGRAMME

GUEST SPEAKER

MS. SHAMA ANZUM

CLINICAL PSYCHOLOGY, VSRBS

TOPIC: **"Let's Talk Mental Health"**



DAY 2 09-10-2026



TIME	PROGRAMME / ACTIVITY
11:00-11:15 AM	Welcome & Introduction of the Resource Person
11:15-11:30 AM	Introduction to the 2026 World Mental Health Day Theme
11:30-12:30 PM	GUEST SPEECH - Ms.Shama Anzum - "Let's Talk Mental Health"
2:00-3:00 PM	Poster presentation
3:00-3:30 PM	Guess the Diagnosis
3:30-3:45 PM	Scientific Talk - "The Student Brain Under Stress"
3:45-3:55 PM	Prize Distribution / Recognition
3:55-4:00 PM	Mental Health Pledge & Closing

For More Details

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