



# VIT<sup>®</sup>

Vellore Institute of Technology  
(Deemed to be University under section 3 of UGC Act, 1956)

School of Social Sciences and Languages  
Department of Social Sciences

# Manam'2k23

## Mental health day events

4th Oct - Inauguration & Poster exhibition	10:45am to 5:00pm Venue- Foodies
5th Oct - Music Therapy for mental Health	4.00pm to 5:30pm Venue- TT 725
6th Oct - Yoga & Meditation for Mindfulness	11:00am to 5:00pm Venue-CS Hall
7th Oct - Poem recitation competition	5:30pm to 7:00pm Venue-TT 725
8th Oct - Velfie (Video Selfie) contest	1:00pm
9th Oct - Out reach	9:30am to 4:30pm Venue -Govt.Boys high school,Katpadi.
10th Oct - Mental health checkup	10:00am to 1:00pm Venue-Foodies
- Hope Wall	5:00pm Venue-Greenos
- Expert talk	5:30pm Venue-Greenos
- Cultural events	6:00pm onwards Venue-Greenos

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## School of Social Sciences and Languages Department of Social Sciences

Cordially invites you to

# MANAM 2K23

From 4th October to 10th October

As part of **Mental Health Day** Campaign the Department of Social Sciences invite you to participate in the following programs :

- **POSTER EXHIBITION**
- **MUSIC THERAPY FOR MENTAL HEALTH**
- **YOGA AND MEDITATION FOR MINDFULNESS**
- **POEM RECITATION COMPETITION**
- **VELFIE (VIDEO SELFIE) CONTEST**
- **OUTREACH**
- **MENTAL HEALTH CHECKUP**
- **HOPE WALL**
- **EXPERT TALK**
- **CULTURAL EVENTS**

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