



## Report on “World Mental Health Day”

**Date of Report: 10<sup>th</sup> October 2023.**

**Venue: P.G Seminar Hall**

Telangana Psychologist Association is formed by the professional Psychologists who understand that child and youth health matters for a healthy Nation as organized Guest lecture on 10<sup>th</sup> October 2023 is observed as “**World Mental Health Day**” globally, with the overall objective of raising awareness of Mental health issues and mobilizing efforts in support of the same. This year theme is **Mental health is a Universal human right** with an objective of creating awareness of Mental Health and also creating an attitude of positive mind set to students. Venue for the event was P.G .Seminar Hall Time- 12:30 pm to 2:30pm. Guest speaker for the session was **Mahendra Guru** , a life coach, motivational speaker, personality development trainer, has taken a session on the topic “**Mental health awareness**” for MBA and PG students. The program started by welcoming the speaker by Mrs.V.Santhi , Principal of KMIM.

Mahendra Guru is a life coach, yoga guru, motivational speaker, personality development trainer & Anchor having 16 Years’ experience as Trainer in Corporate& Retail sector with different skill set like Soft skills, Behavioral Training, Business Communication, Etiquette, Product & Process Training, Retail Selling skills & Sales Coaching

This awareness program has played a crucial role in reshaping societal attitudes. He taught students to speak openly about mental well-being, reducing stigma and discrimination. Greater empathy and understanding have emerged in students, fostering a culture of support and acceptance. This program underscores the importance of early intervention and self-care, empowering individuals to seek help when needed. As a result, contributing to a more inclusive and compassionate society, prioritizing the mental health of all its members

After the session, students were given time to interact with him. Students felt that the session was more informative and interactive. At the end of the guest lecture three students gave their feedback and explained how they were benefited from it.

**Glimpses of the Event:**



