



World MENTAL HEALTH DAY



Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity.

WEDNESDAY, OCTOBER 16, 2024 AT 3:30 PM

Programme Schedule

3:30 - 3:35 PM

Host

Miss. Aphiakordor Kharkongor (Student)

3:35 - 3:40 PM

Welcome Speech

Mr. Asher. M. Marak (Student)

3:40 - 3:45 PM

Felicitation of Guest

Miss. Amairaa Anuja (Student)

3:45 - 3:55 PM

Address

Smti. Kerpa Meida L. Nongbri (Registrar)

3:55 - 4:25 PM

Key Speaker on Mental Health

Mr. Truman Elias Basaiawmoit

(Psychologist District Mental Health Programme, MIMHANS)

4:25 - 4:30 PM

Vote of Thanks

Smti. Miracle Wanniang (NLUMeg, Counsellor)

