



Villa Marie Degree College For Women  
Affiliated to Osmania University  
#6-3-1089, Raj Bhavan Road, Somajiguda, Hyderabad- 500082  
(An ISO 90011 - 2015 Certified Institution)



## Department Of Arts - Psychology

Is Organizing An Awareness Drive For

# World MENTAL HEALTH Day

You are **Stronger** than you think  
Make Mental health a **Priority**



Venue: Ground  
Color Code: White  
Date: **10th Oct**  
Time: 11 AM

# WORLD MENTAL HEALTH DAY!

The banner is a vibrant blue with white and colorful text and illustrations. At the top, it reads "WORLD MENTAL HEALTH DAY!". The central focus is a silhouette of a human head in profile, facing left, with a brain inside. A yellow sunflower with a green stem and leaves grows from the bottom of the head. Surrounding the head are several phrases and illustrations:

- Top Left:** Illustration of a woman playing a guitar. Text: "you are enough" in pink, bubbly letters.
- Top Center:** Text: "BE KIND TO YOUR MIND" in a blue circle with yellow stars.
- Top Right:** Illustration of a man reading a book.
- Middle Left:** Illustration of two people sitting on a couch. Text: "keep going" in pink, cursive letters.
- Middle Center:** Text: "BE BELIEVE IN YOURSELF" in blue and yellow letters. Below it, "BE KIND TO YOUR MIND" in a blue circle. To the right, "take care of your mind" in pink, cursive letters.
- Middle Right:** Illustration of a woman with her arms raised. Text: "NEVER GIVE UP" in white letters inside a blue wreath.
- Bottom Left:** Illustration of a man in a white karate gi. Text: "YOU'VE TOTALLY GOT THIS!" in white and blue letters.
- Bottom Center:** Text: "POSITIVE VIBES" in blue and pink letters. To the right, "One day AT A TIME" in white letters inside a blue circle.
- Bottom Right:** Illustration of a woman sitting on the floor. Text: "you're doing great!" in blue, cursive letters. Below it, "It's okay to feel your feelings" with three stars (yellow, pink, blue).

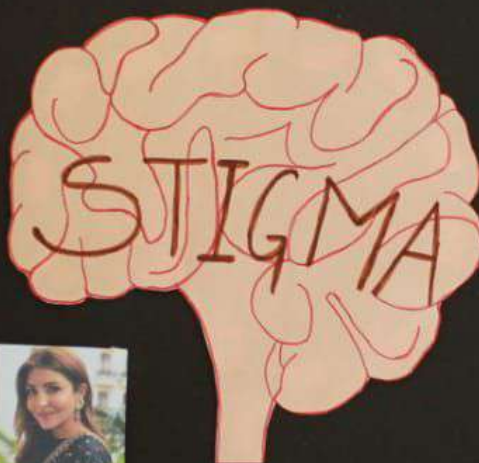
Other elements include a circular graphic with a hand gesture and the text "It's okay to not be okay" and "It's okay to feel your feelings".

Active

Sassy

# Stress buster!

rethink the



LADY GAGA (PTSD)  
Post Traumatic Stress Disorder



DEMI LOVATO  
BIPOLAR DISORDER



CHRIS EVANS  
SOCIAL ANXIETY



CHRISSY TEIGEN  
POST PARTUM -  
DEPRESSION



ANUSHKA SHARMA  
SOCIAL ANXIETY



TAEYEON  
DEPRESSION



IU  
BULIMIA



ZAYN MALIK  
EATING DISORDER



SELENA GOMEZ  
BIPOLAR DISORDER



LIAM PAYNE  
SUICIDAL THOUGHTS,  
ADDICTION



DEEPIKA PADUKONE  
DEPRESSION

they got help.

you should too

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

don't be afraid to talk to someone.

Jeevan  
BA-II page



**GPS Map Camera**

6-3-1089/A/4, Somajiguda, Hyderabad, Telangana 500082, India, Telangana, India

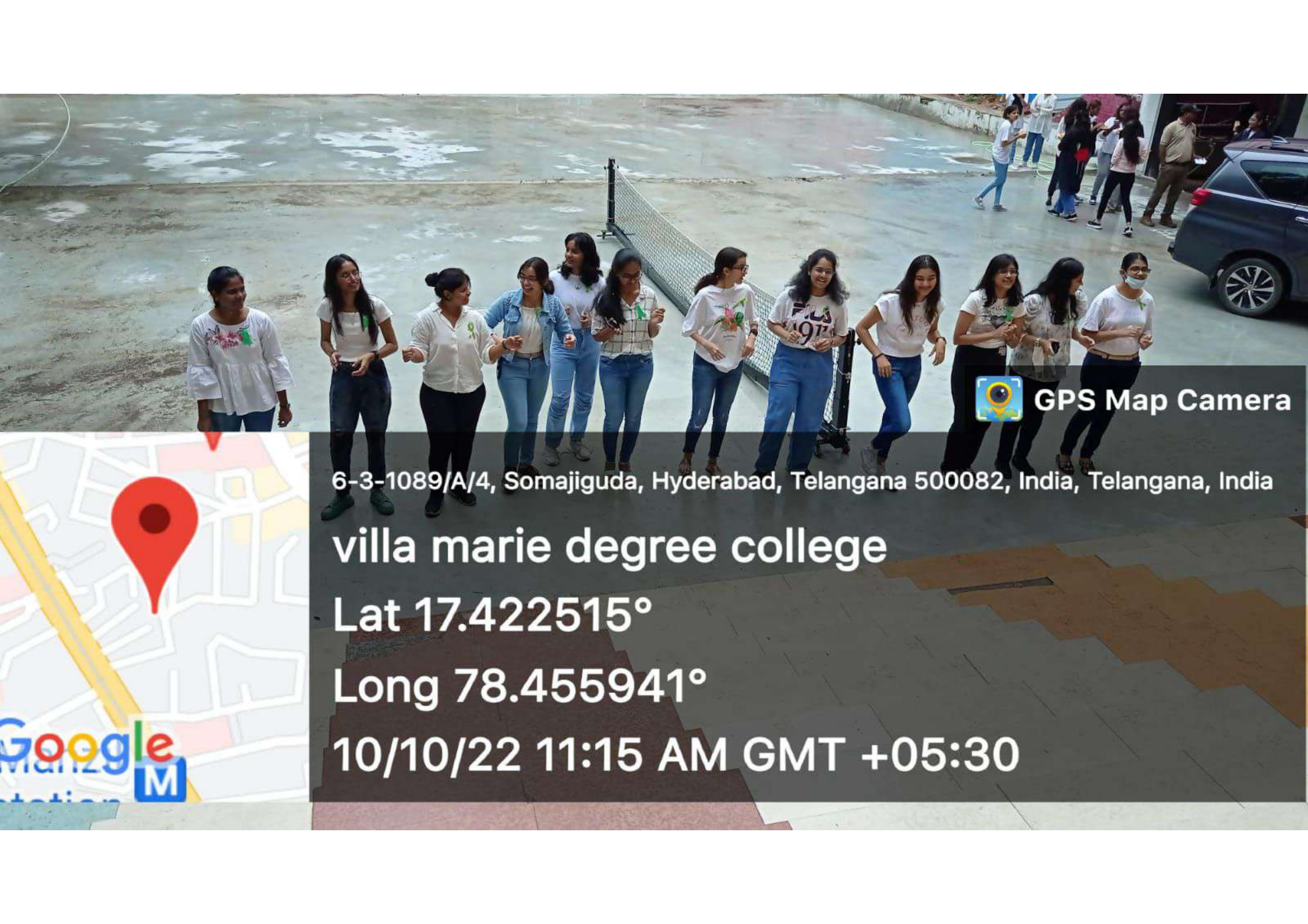
**villa marie degree college**

**Lat 17.422515°**

**Long 78.455941°**

**10/10/22 11:13 AM GMT +05:30**





GPS Map Camera

6-3-1089/A/4, Somajiguda, Hyderabad, Telangana 500082, India, Telangana, India

villa marie degree college

Lat 17.422515°

Long 78.455941°

10/10/22 11:15 AM GMT +05:30





SELF LOVE

BE KIND TO YOUR MIND

I matter

LESS STRESS

World Mental Health Day!

TAKE CARE OF YOUR MIND

be yourself

IT'S OKAY TO ASK FOR HELP

**VILLA MARIE COLLEGE FOR WOMEN**  
(AFFILIATED TO OSMANIA UNIVERSITY)  
AN ISO 9001:2015 CERTIFIED INSTITUTION  
#5-3-1088, Raj Bhavan Road, Somajiguda Hyderabad-500082 edu@villamariecollege.ac.in www.villamariecollege.ac.in





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Handwritten text on the banner, including the word 'ESS' and a large red graphic of a flower or heart.





AGENCY

Jsw  
Neosteel  
Pure TMT Bars

SHRUTI  
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HOSPITALS

RATNAJEE