



The Department of Arts in
collaboration with Rotaract
Organises a Guest Lecture on
**MENTAL
HEALTH
DAY**



Mr. Anand
Counseling Psychologist
Roshini Foundation

**Topic: "Achieving Emotional
Balance for Well-Being and
Success in Life"**

16 OCTOBER 2023

Tagret Audience: 1st year students across all programmes

Timing : 1:30 - 2:20 pm

Venue: Dr. Sarojini Naidu Auditorium



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Hyderabad, TG India
Somajiguda, Hyderabad, 500082, TG, India
Lat 17.421008, Long 78.459673
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(Affiliated to Osmania University)



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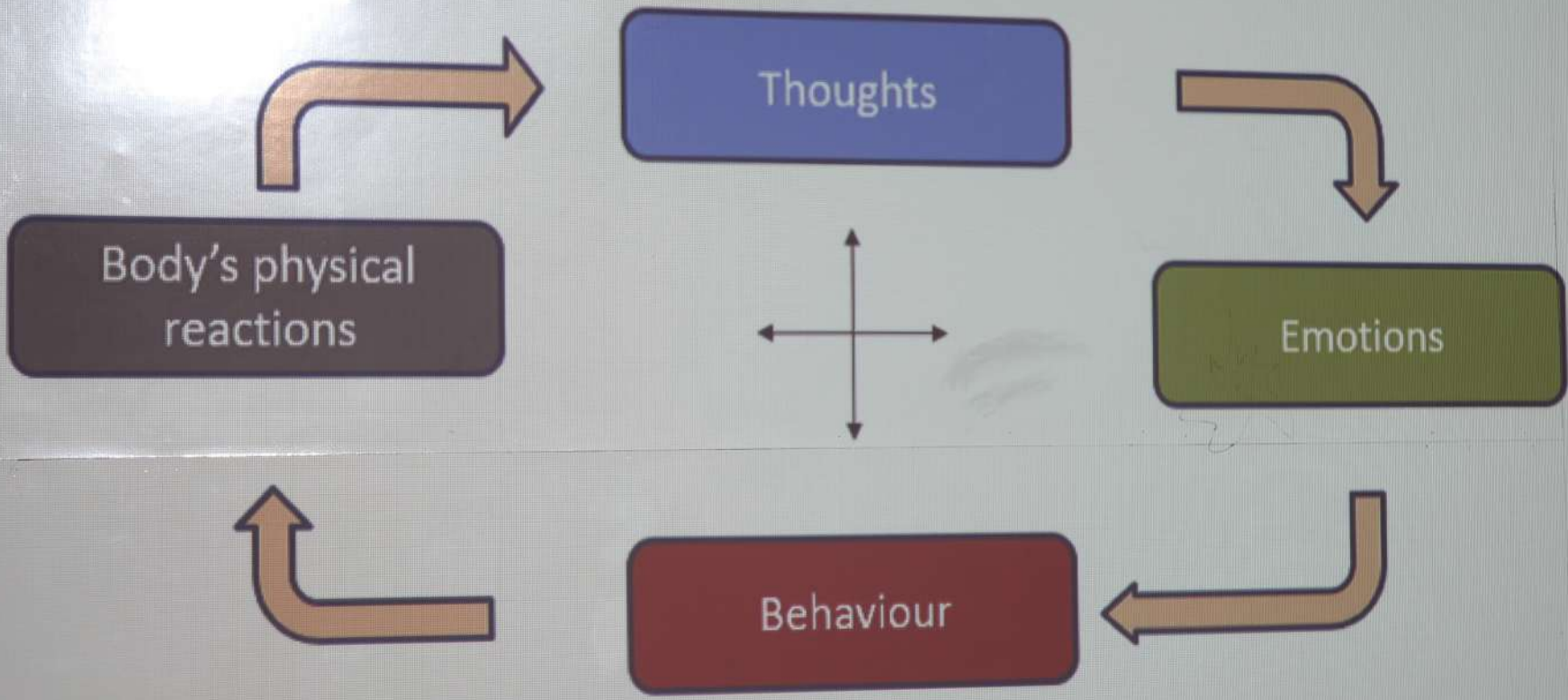
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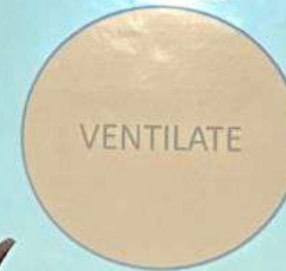
Somajiguda, Hyderabad, 500082, TG, India

Lat 17.421034, Long 78.459664

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Key to Emotional well



- Talk to someone
- Someone who und
- Who doesn't judge
- In confidence
- Who accepts you f

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Somajiguda, Hyderabad, 500082, TG, India

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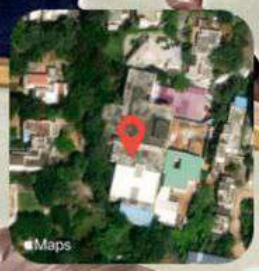
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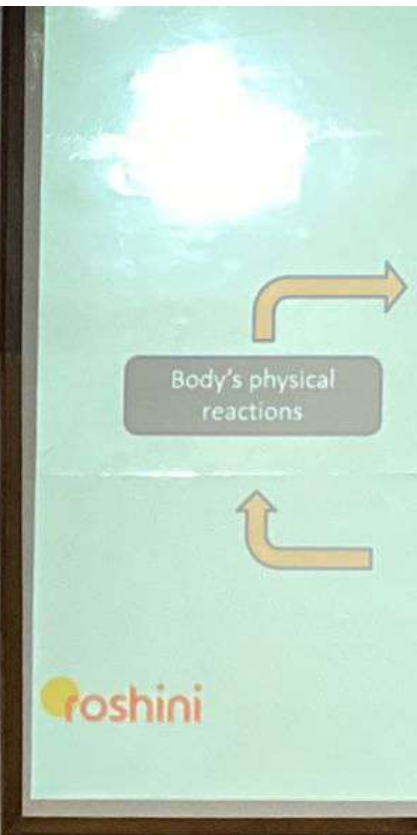
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Body's physical reactions

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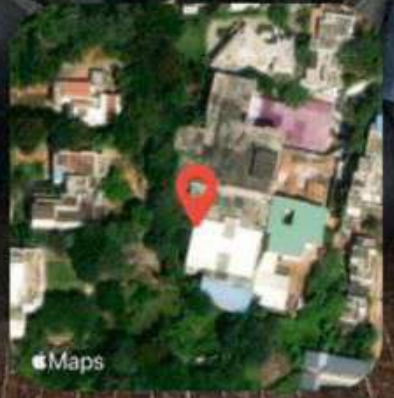
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Somajiguda, Hyderabad, 500082, TG, India

Lat 17.420978, Long 78.459604

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- Back Row (standing):
 - 1. Woman in green and blue saree.
 - 2. Woman in gold and black saree.
 - 3. Man in white shirt and glasses.
 - 4. Man in red shirt.
 - 5. Man in light blue shirt.
 - 6. Man in yellow shirt.
 - 7. Woman in black blazer and maroon top.
 - 8. Woman in blue blazer and jeans.
- Front Row (kneeling/sitting):
 - 1. Woman in grey blazer.
 - 2. Woman in grey blazer.
 - 3. Woman in blue blazer.
 - 4. Woman in grey blazer and glasses.
 - 5. Woman in grey blazer.
 - 6. Woman in grey blazer and white jeans.
 - 7. Woman in grey blazer and black mask.