

when it rains,  
look for rainbows.  
when it's dark,  
look for stars.



10 October is World  
Mental Health Day



## YOU ARE INVITED

The Department of Psychiatry, GIMSR cordially invites you for  
'World Mental Health Day' celebrations on

Thursday 10<sup>th</sup> Oct 2019

### Events:

1. Mental Health Awareness Walk

5:25 am: Gather at kali matha temple, Beach road.

5:30 am: Walk from kali matha temple to YMCA building

2. Talk on 'Suicide Prevention' and Short film presentation

2:00 pm: Welcome address

2:15 pm: Talk on 'Suicide prevention' by

**Dr. Shvetha Chilukuri** MBBS, MRCPsych(UK)

2:45pm : Open forum and interactive discussion with speaker

3:00pm : Showcasing of best two 'Short Films'

Snacks Follows.

*Venue: Lecture Hall 1, First Floor, GIMSR College Building.*

