

On the occasion of
Mental Health Awareness Day
Presents

व्योम

Where Every Mind Finds Its Horizon



CHIEF GUEST
Prof. Sanjay Gupta
*Former Head of Department
of Psychiatry, BHU*

10
October, 2025

**SEMINAR
HALL**
New Building, Vasant
Kanya Mahavidyalaya

Start At
12:00PM
—
3:00PM

ACTIVITIES LINEUP

Mind Quest (Treasure Hunt)



A fast-paced, psychology-themed treasure hunt where teams solve quick mental challenges to uncover clues. It's a race of wit, teamwork, and curiosity celebrating the joy of exploring mental wellness together.

Stalls

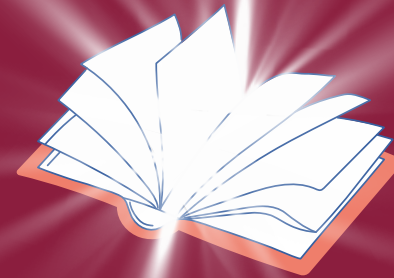
Explore our “Manchitra” and other creative stalls offering handmade polaroids, cheerful bookmarks, and thoughtful keepsakes — perfect little reminders to smile and celebrate mental wellness!



Nukkad Natak (Drama)



A powerful street play using drama and dialogue to spread awareness about mental wellness. It blends creativity and emotion to spark conversation and inspire change.



Annual Magazine Unveiling

Join us as we reveal the latest edition of our annual magazine—MANASWINI (3rd edition)—a celebration of creativity, insight, and the shared spirit of mental wellness.

Guest Lecture

An engaging session where an expert shares insights on mental health and psychology, inspiring reflection, learning, and meaningful dialogue.

