



C. V. Raman Global University
NOTICE

It is hereby notified that, the “**World Mental health Day**” is to be observed on **10th Oct, 2025** in our university premises. Join us to destigmatize mental health and learn essential self-care techniques. This enhanced session will feature a keynote speaker on balancing academic/work life, a guided mindfulness session. All the students, faculties & staffs are cordially invited for the observation of “**World Mental Health Day**” with the university community!


Let us foster a culture of well-being together.

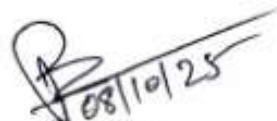
Venue & Time:

Date: 10.10.2025

Time: 04:00 to 05:00 PM

Venue: BOSCH Auditorium


Student Counsellor
CGU


Coordinator
Yoga Club, CGU