

Mental Health and Happiness Club
organizes

25-Hours Mental Health Training Program

A World Record Attempt on the Occasion of World Mental Health Day
9th & 10th October 2025

Sessions

9th October

Understanding Mental Health & well-being

(10.00 AM to 11.00 AM)

Growth Mindset

(11.00 AM to 01.00 PM)

Managing Exam Stress & Performance Anxiety

(01.00 PM to 03.00 PM)

Confidence & Self Esteem

(03.00 PM to 05.00 PM)

Raising Confident Kids in Changing World

(05.00 PM to 07.00 PM)

Digital Well-being: Managing Screentime & Social Media Impact

(07.00 PM to 09.00 PM)

Identifying & Supporting Students with Emotional Difficulties

(09.00 PM to 11.00 PM)

Emotional Intelligence

(11.00 PM to 01.00 AM)

10th October

Depression Management

(01.00 AM to 03.00 AM)

Anxiety Management

(03.00 AM to 05.00 AM)

21st Century Teaching Strategy For Student Success

(05.00 AM to 07.00 AM)

Stress Management & Relaxation Techniques

(07.00 AM to 09.00 AM)

Building Emotional Resilience

(09.00 AM to 11.00 AM)

Speakers



Mr. Babu Rangarajan

Clinical Psychologist
+91 98945 93293



Ms. Roja Ramani

Clinical Psychologist
+91 97875 93293

Join us on Zoom

Meeting ID: 922 6887 1572

Passcode: KPRIET

Watch Live on



@BabuRangarajan_Speaks

PRESIDENT

MANISH D

+91 78459 04814

EVENT-CHAIR

K SURIYAN

+91 72006 79937

VICE-CHAIR

AISHWARYA U

+91 98426 50911

SECRETARY

KAWIN KING C

+91 97878 32124