



NUKKAD NATAK

RAISE THE CURTAINS ON MENTAL HEALTH

DATE

7th October

TIMINGS ARE

**10:00 AM-
11:30 AM**

VENUE

**AMPHITHEATRE
(ELEOS BLOCK)**

Topics

- RAISING AWARENESS ABOUT REGULATING SELF FOR A SAFE AND HEALTHY ENVIRONMENT, PARTICULARLY CONCERNING BEVERAGE CONSUMPTION.
- PROVIDING GUIDANCE ON ABSTAINING FROM SUBSTANCE ABUSE.
- DEMONSTRATING STRESS AND ANGER MANAGEMENT SKILLS AS ESSENTIAL LEADERSHIP QUALITIES.
- SHOWCASING THE CONNECTION BETWEEN HEALTHY ROUTINES AND ACADEMIC SUCCESS.
- THE DARK WORLD OF DIGITAL ADDICTION
- SPREADING LITTLE JOYS AROUND US.