



ST JOSEPH'S UNIVERSITY

#36 LALBAGH ROAD, BENGALURU-56002, KARNATAKA, INDIA
A UNIVERSITY ESTABLISHED UNDER RUSA 2.0 OF MHRD (GOI)
AND KARNATAKA ACT NO. 24 OF 2021



NATIONAL SERVICE SCHEME UNIT 1

session

IMPORTANCE OF MENTAL WELLBEING

Teacher in-charge



Mr. Ebenezer R

Event In-charge
Vikram.V

Venue : Rajendra nagar
Timings : 4:00pm to 6:00pm
Date: 18/03/2024

THERE IS NO HEALTH WITHOUT MENTAL HEALTH



Rev Dr Victor Lobo SJ
Vice-Chancellor

Mr Selwyn Paul J
Programme Co-ordinator

Dr Hanumantharayappa SB
Programme Officer

Ms Immaculate Mary
Asst Programme Officer



NSS_UNIT1_SJU



NSS_UNIT1_SJU



NSS_UNIT1_SJU