

Report on

World Health Day, Public Awareness Week & Stress Awareness Month - 2025



Organized by

College of Allied Health Sciences

Faculty of Medicine & Health Sciences
SRM Institute of Science and Technology
Tiruchirappalli Campus



SRM INSTITUTE OF SCIENCE & TECHNOLOGY
TIRUCHIRAPPALLI
COLLEGE OF ALLIED HEALTH SCIENCES

ORGANIZES
A GUEST LECTURE ON

**WORLD HEALTH DAY, STRESS AWARENESS MONTH &
PUBLIC AWARENESS WEEK**



SRM
AUDITORIUM



23rd APRIL
2025

11AM - 12PM



Dr. GOPAKUMARAN KARTHA

MD, FRCP, DEAN
TRICHY SRM MEDICAL COLLEGE HOSPITAL AND
RESEARCH CENTRE

ORGANIZING CHAIRPERSON

Dr.K.KUMAR EBENEZAR
PRINCIPAL - CAHS - SRMIST

ORGANIZING SECRETARY

Ms.M.S.SUSHMITHA
LECTURER- CAHS - SRMIST



CATEGORY 'Y' INSTITUTION
WITH UG STATUS



2024 WORLD RANKING
ONE AMONG 88
INDIAN UNIVERSITIES



RANKED 12
UNDER UNIVERSITY CATEGORY



RANKED 2 UNDER
PRIVATE INSTITUTIONS



ACCREDITED WITH
B++ GRADE



WORLD RANKING ONE
AMONG 75 INDIAN UNIVERSITIES



WORLD RANKING RANKED
9-7 IN INDIAN UNIVERSITIES



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FOR ENQUIRIES: 1800 202 2535

About the program

In alignment with global health initiatives and the holistic development of students, SRM Institute of Science & Technology, College of Allied Health Sciences observed '**World Health Day, Stress Awareness Month, and Public Awareness Week program**' through a guest talk aimed at promoting physical, mental, and social well-being. The event was conducted to educate students and staff on the importance of health, stress management, and social responsibility.

Here are some highlights from the day:

GUEST TALK:

To mark the significance of World Health Day, Stress Awareness Month, and Public Awareness Day, College of Allied Health Sciences, SRMIST, TRC hosted a special guest talk aimed at enlightening students and faculty on the interconnectedness of physical health, mental wellness, and social consciousness.

The session was delivered by Dr. GOPAKUMARAN KARTHA, MD, FRCP, DEAN, Trichy SRM Medical College Hospital and Research Centre. The talk focused on the theme "Integrated Well-being: Physical Health, Mental Peace, and Social Responsibility". The session was interactive and included a Q&A segment, where students actively participated and discussed personal experiences and challenges.

The talk witnessed the enthusiastic participation of over 300 students and faculty members of our college. Attendees found the session highly informative and motivating, especially the real-life examples and coping strategies shared by the guest speaker.



