### 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





23rd APRIL 2025

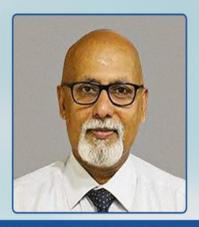
11AM - 12PM

ORGANIZING CHAIRPERSON
Dr.K.KUMAR EBENEZAR
PRINCIPAL - CAHS - SRMIST

ORGANIZING SECRETARY

Ms.M.S.SUSHMITHA

LECTURER- CAHS - SRMIST



# Dr.GOPAKUMARAN KARTHA MD, FRCP, DEAN TRICHY SRM MEDICAL COLLEGE HOSPITAL AND RESEARCH CENTRE





















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.







