



AMAR SINGH COLLEGE SRINAGAR CELEBRATES

# MENTAL HEALTH AWARENESS WEEK

5TH TO 10TH OCTOBER 2023

Theme

“Mental Health is a Universal Right”

HOPE  
THROUGH  
ACTION

Expert Talks  
Poster/ Slogan Writing  
Art Exhibition  
Awareness Rally

Counselling Sessions  
Signature Campaign  
Pamphlet Distribution  
Care Pledge

Organised By: Department of Psychology, in collaboration with Psychological Counselling Cell, Amar Singh College Srinagar