



# Sunbeam Women's College Varuna

College Code: 198

(Affiliated to Mahatma Gandhi Kashi Vidyapith, Varanasi)

(Accredited by NAAC)

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Towards Women Empowerment ...

SWCV/VRN/Notice/2025/

06.09.2025

Ref. No. : .....

Date : .....

## NOTICE

### Mental Health Fest –Mindscape 2025



The Department of Psychology of Sunbeam Women's College Varuna cordially invites all faculty members, students, and staff to participate in the **Mental Health Fest – Mindscape 2025** on the theme “From Awareness to Action”.

Date: 9th September 2025

Time: 10:00 AM onwards

Venue: Sunbeam Women's College, Varuna

#### Event Highlights:

- Inaugural Ceremony with Keynote Address
- Skit on Mental Health Awareness
- Art Therapy and Relaxation Activities
- Psychological Testing Booths
- Interactive Games and Engagement Stalls

Join us for a day of awareness, creativity, and collective action towards nurturing well-being.

All are welcome!

**Coordinators:** Dr. Manisha Singh, Dr. Rinu Chaturvedi, Ms. Saumya Chandra

  
**Dr. Shalini Singh**  
Administrative Head

  
**Dr. Rajeev Singh**  
Principal