**Seminar on Mental Health for All: Being the Triumph**

Friday, October 13, 2023 from 4:00 p.m. to 5:30 p.m.

**Venue**: Walchand Hall, 4th Floor, IMC Building, IMC Marg, Churchgate, Mumbai

**World Mental Health Day** is celebrated every year on the **10th October**. The overall objective of the World Mental Health Day is to raise awareness about mental health wellbeing, mobilize efforts in support of mental health and initiate to create a stigma-free society.

We are pleased to inform you that the **Young Leaders’ Forum (IMC-YLF)** of IMC is organising a special seminar on the occasion of World Mental Health Day with the theme **'Mental Health for All: Being the Triumph'.**

**Programme Details are as under:**

**Day & Date : Friday, October 13, 2023**

**Time : 4:00 p.m. to 5:30 p.m.**

**Venue : Walchand Hall, 4th Floor, IMC Building, IMC Marg, Churchgate, Mumbai**

The mind is one of the most powerful organs in the body, regulating the functioning of all other organs. When our minds are unstable, the whole functioning of our body gets affected. Being both physically and emotionally fit is the key to success in all aspects of life and knowing how to take care of our mental health and how to support one another is extremely crucial especially with our current lifestyles in this day and age.

An eminent panel of experts will discuss the various effective measures which we can adapt to preserve and nurture a healthy mind and body.

The eminent panel of Speakers are as follows:

**Moderator**

* Ms. Arushi Sethi, CEO & Co-Founder, Trijog

**Panelist**

* Mr. Santanu Hazarika, Renowned Artist
* Mr. Shah Rule, Rapper
* Ms. Vedica Podar, Founder Kangaroo Minds & Sport Beats Stigma
* Ms. Dhruvi Mehta, Mental Health Consultant at Project Nyay'ri

We extend a warm invitation to you for the event. Kindly note there is **No Participation Fee.** However, **Registration is mandatory**.

For registrations and other details please contact Ms. Anita Naik at **anita.naik@imcnet.org** or visit the IMC website at [**https://www.imcnet.org/events-2137**](https://www.imcnet.org/events-2137)

We do hope you will be able to seize this opportunity and participate in this event by registering.

We look forward to your valued participation.

**Ajit Mangrulkar**

**Director General**