



SECAB Association's
A.R.S. Inamdar Arts, Science & Commerce College &
P. G. Studies In English For Women, Vijaypur.

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World Mental Health 2025

World mental health day observed at Secab ARSI WOMEN'S college today.

Dr.Shuja, Ms.Musarrat, Dr.H. K. Yadahalli spoke on the relevance of the day.

World Mental Health Day takes place every year on 10 October. It's a reminder of the importance of good mental health and the need to prioritize and invest in good mental health.

This year's theme is 'access to services - mental health in catastrophes and emergencies'. The theme highlights the importance of people being able to protect their mental health in times of global instability.

