



**RAMAIAH
UNIVERSITY**
OF APPLIED SCIENCES

INAUGURATION OF MENTAL WELLNESS CLUB



MANASSU

MIND • BODY • SOUL

DATE

16TH & 17TH MARCH
2026

VENUE

A206, RAMAIAH TECHNOLOGY CAMPUS,
RUAS, PEENYA

TIME

9:30AM-4:30PM

MIND.BODY.SOUL

MANASSU

16th March 2026 - Day 1

10.00 AM - 10:05 AM	Ramaiah Anthem & Vande Matharam
10.05 AM – 10.09 AM	Welcome Address by Dr. Sarat Kumar Maharana Dean - Faculty of Engineering Technology, MSRUAS
10.09 AM – 10.12 AM	Watering the Plants
10.12 AM – 10.17 AM	Opening Remarks by Prof. R. V. Ranganath Provost, Engineering & Allied Sciences, MSRUAS
10.17 AM – 10.19 AM	Launch and Unveiling of the Club Name and Logo
10.20 AM – 10.25 AM	Address by Chief Guest Dr. Seema Mehrotra Professor at NIMHANS and Member of the National Task Force Committee on Suicide Prevention in Higher Education
10.25 AM – 10.50 AM	Investiture and Badging of Club Office Bearers
10.50 AM - 10.55 AM	Presidential Remarks by Dr. Kuldeep Kumar Raina Honorable Vice Chancellor, MSRUAS
10.55 AM – 11.00 AM	Vote of Thanks by Dr. Nayana N. Patil Associate Dean – Students' Wellbeing, RTC , MSRUAS
TEA BREAK	
11.15 AM – 12.30 PM	Icebreaker & Understanding Mental Wellbeing by Ms. Tanvi Agarwal Project Research Scientist, NIMHANS
LUNCH BREAK	
1:30 PM – 2:45 PM	Managing Stress & Anxiety / Physical Health for Peak Performance by Mr. Rakesh Jalumane Trustee Buddha CEO quantum foundation & Co-founder and CTO of Quantum Coherence Technology (QCT)
2:45 PM – 3:45 PM	Nutrition & Energy Management by Ms. Edwina Raj Head of Clinical Nutrition and Dietetics, Aster Hospital

17th March 2026 - Day 2

9:30 AM - 11:15 AM	Recap & Energizer Discovering Personal Strengths Career Vision & Meaningful Goals by Ms. Rohini Thrimurthy Founder of XP Learn, Leadership Mentor and Professional Trainer
TEA BREAK	
11.30 AM – 12.30 PM	Digital Detox & Time Management by Dr. Manoj Kumar Sharma Professor of Clinical Psychology, NIMHANS
LUNCH BREAK	
1:30 PM – 3:30 PM	Building Resilience & Growth Mind-set Teamwork, Empathy & Communication by Dr. Ayush Ghai Director of Life Maker Project
3.30 PM – 4.30 PM	Valedictory

Two days Workshop details on Wellbeing 360°: Mind, Body & Purpose

SCAN FOR
REGISTRATION



* E - Certificates will be provided for participants



**RAMAIAH
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OF APPLIED SCIENCES

Ramaiah Technology Campus (RTC), Peenya:
#470-P, Peenya Industrial Area,
Peenya 4th Phase, Bengaluru - 560 058

Gnanagangothri Campus (GGC):
University House, New BEL Road,
MSR Nagar, Bengaluru - 560 054.