



ERNAKULAM PSYCHIATRIC SOCIETY

(Reg. No. ER 1198/2000 - Under TC Literary Scientific Charitable Societies Registration Act)
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2 October 2024

Dear colleagues,

We are delighted to invite you to the observance of World Mental Health Day 2024, which will take place at **IMA House**, Kochi on **Thursday, 10th October 2024 at 8 PM**.

This year's theme, "**It is Time to Prioritize Mental Health in the Workspace**" highlights a critical issue affecting many today, and we are honoured to have **Adv. M. Anilkumar, Mayor of Kochi Municipal Corporation**, as the Chief Guest to inaugurate the event.

Following the inauguration, Dr. Ringhoo Theresa Jose will deliver a keynote address on this important topic, offering valuable insights on how we can collectively work to promote better mental health in workplaces.

The event is open to members, their family members, and the general public. It promises to be an enriching experience, filled with discussions and strategies to address mental health challenges in professional settings.

We look forward to your esteemed presence as we come together to raise awareness and foster a supportive environment for mental well-being.

Please be at the venue by 7:45 PM

Regards,

Dr. T. C. Vishnu
Secretary
Ernakulam Psychiatric Society

