

**THE NATIONAL COLLEGE JAYANAGAR**  
**DEPARTMENT OF PSYCHOLOGY**

**REPORT ON GUEST LECTURE**

The Department of Psychology observed World Mental Health Day on 10<sup>th</sup> October 2023 by organizing a Guest Lecture on the topic Empowering Minds – Mental Health as a Universal Right for Indian Students at 11.30am at The Multimedia Hall, BVJSC. Mr Balasubramanian G, a Learning and Developmental Professional at a Financial Consulting Firm in Bangalore was the resource person. He spoke about mental health awareness among students and their right to access it through appropriate channels. He emphasized on the awareness of having a stable mental health for the future of the country like India.

