



ONLINE QUIZ COMPETITION ON MENTAL HEALTH

In Commemoration of World Mental Health Day - 10th October



Jointly Organized by

The Quiz Club & The Department of Psychology



**St. Mary's College
(Autonomous)
Thoothukudi**



and

The Psychology Club



**Annammal College
of Education for Women
Thoothukudi**



Objectives

- To promote mental health awareness among students.
- To encourage open conversations about emotional well-being.
- To assess and enhance knowledge about mental health concepts and coping strategies.

Kindly click here at 05:00 p.m to participate in the Online Quiz on Mental Health:

Please ensure to attend the quiz within the given time frame (5.00 p.m.- 6.00 p.m.). The link will be deactivated thereafter. E-certificates will be awarded to participants who score above 50% in the Online Quiz.

Dr. Sr. Jessie Fernando
PRINCIPAL

ST.MARY'S COLLEGE (AUTONOMOUS)

Dr. A.Joycilin Shermila
PRINCIPAL

ANNAMMAL COLLEGE OF EDUCATION FOR WOMEN

Dr. S. Jeya Bharathi
Coordinator- The Psychology Department
St.Mary's College (Autonomous)

Dr. K.E.Valarmathi
Coordinator- The Psychology Club
Annammal College of Education for Women

Dr. K. Vinitha
Librarian, St.Mary's College (Autonomous)

JOIN US AND TEST YOUR MIND POWER!

"YOUR MENTAL HEALTH IS JUST AS IMPORTANT AS YOUR PHYSICAL HEALTH."