



GURU GOBIND SINGH
INDRAPRASTHA
UNIVERSITY
NEW DELHI

UNIVERSITY SCHOOL OF LIBERAL ARTS

Ref. F.55. (1) (1)/2025/USLA/770^L

Date: 13.10.2025

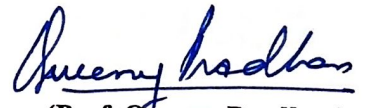
NOTICE

World Mental Health Day is observed globally on 10th October each year to promote awareness about mental Health and Well-being. University School of Liberal Arts celebrating the occasion on 15th October, 2025 through a **Mental Health Fair** out side University School of Liberal Arts, Guru Gobind Singh Indraprastha University.

The objectives of the fair are:

1. To promote awareness about mental health in a creative and interactive manner.
2. To encourage students to engage in positive coping and stress-relief strategies.
3. To provide a platform for psychology students to share their knowledge with peers across disciplines

All are cordially invited.


(Prof. Queeny Pradhan)
Incharge, USLA

Copy to:

1. All Dean's & Directors, with request to share with students.
2. In-charge, UITS, with the request to upload the Notice on University's website.
3. AR to VC, GGSIPU for information of Hon'ble Vice Chancellor.
4. AR to Registrar, GGSIPU for information of Registrar.
5. PRO, GGSIPU with a request to display Notice on the University's Notice Board (s).
6. Guard file.


(Prof. Queeny Pradhan)
Incharge, USLA



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GURU GOBIND SINGH
INDRAPRASTHA
UNIVERSITY
NEW DELHI

UNIVERSITY SCHOOL OF LIBERAL ARTS (USLA)

World Mental Health Day Fair 2025



15/10/25



1 pm
onwards



Outside
USLA Office
GGSIPU

ACTIVITIES FOR AWARENESS & WELL-BEING

- Mental health photobooth
- Art for Awareness Wall
- Gratitude Tree
- Grounding Exercise Table
- Colouring for Calm
- Compliment Exchange Box

Together for Mental Health --Because Every Mind Matters!