



Sadakathullah Appa College

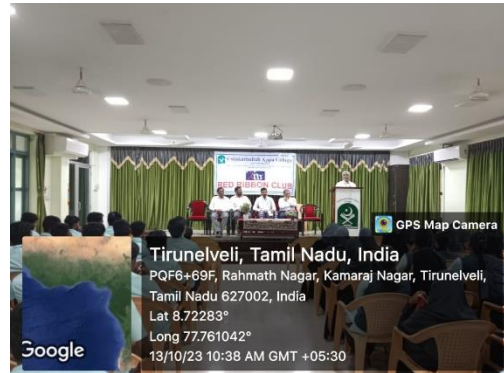
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Tirunelveli-11.



Red Ribbon Club Mental Health Day Program

Date: 13.10.2023



The Mental Health Day Program, organized by the Red Ribbon Club on October 13, 2023, at the Seminar Hall, aimed to raise awareness about mental health significance. Dr. M. Abdul Rahuman, the Convener of the Red Ribbon Club, warmly welcomed attendees, initiating the day's discussions and setting its tone. Dr. S.M. Abdul Kader, the esteemed Principal, delivered an insightful presidential address, highlighting mental health's crucial role in individuals' lives and the wider community. Dr. S. M. A. Syed Mohamed Khaja, Vice-Principal of Unaided Courses, acknowledged the importance of addressing mental health concerns within education in his felicitation address. The program's highlight was Dr. B.A. Abdul Karim, the Administrative Advisor at Sadakathullah Appa College, Tirunelveli. His address shared profound insights and wisdom on mental health, drawing from extensive experience to educate and inspire the audience on mental well-being. Dr. J.A.M. Omeray Farook, the Red Ribbon Club's Program Officer, expressed gratitude to participants, speakers, and organizers for their contributions to the success of the Mental Health Day Program. Mr. K. Ganesh Kumar, also a Program Officer of the Red Ribbon Club, skillfully managed the event, ensuring its seamless flow and smooth transitions between segments.

The event notably involved 93 RRC Volunteers from various departments, showcasing a collective effort to promote health awareness. This gathering served as an important platform advocating for mental health awareness, offering attendees valuable insights from distinguished speakers in the field.