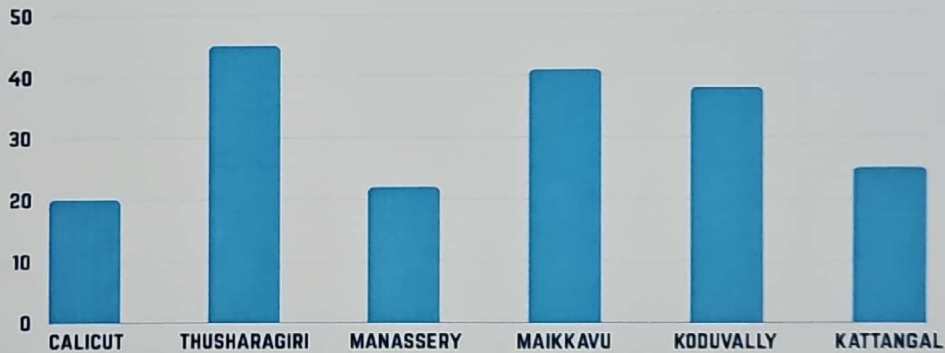


The Department of Swasthavritta organizes Camps, Awareness programs, and Yoga sessions to discuss many issues concerning the senses and the function of the mind in the causation of illnesses, as well as ways for controlling the mind such as Counselling, Meditation, and others. These programs were conducted to the Jailers, Geriatric age group, KMCT staff and students and OPD patients to live Stress free and healthy life.

SI.NO	LOCATION	AWARENESS
1.	CALICUT	20
2.	THUSHARAGIRI	45
3.	MANASSERY	22
4.	MAIKAVU	41
5.	KODUVALLY	38
6.	KATTANGAL	25

## MENTAL HEALTH PROGRAM - BENEFICIARIES IN DIFFERENT CENTERS



*Principle*  
K.M.C.T. AYURVEDA  
MEDICAL COLLEGE  
PRINCIPAL



*Dr. Sijun. V. N.*