

# SCHEDULE OVERVIEW

## Self Care Campus Fest

24/09/25 Wednesday

11.00 AM- 4.00PM

### Retail Therapy

Entrepreneurs showcasing their products and services

9:30 AM - 10.30AM

### Hormones Unplugged @ Fr.Melesius Hall

SPEAKER :DR. JAGA JAYADAS MBBS,MS

(Obstetrics and Gynaecology) DNB, Aster Medcity Kochi

11.30-12.30 PM

### Guiding young individuals towards Mental & Emotional well being

@ Fr.Melesius Hall

SPEAKER : MR. SARATH THENMOOLA

Mental Health Expert Ayanika Society

2.30- 3.30 PM

### Explore the role of Creativity in Mental Health( Experiential Therapy)

@ Fr. Aggaues Hall, East Campus

### Art Therapy

Facilitator: Meghna Girish,Certified Art Therapist

9.30 AM- 4.00 PM

### Preventive Health Screening

@ Marian Hall

Diagnostic Test ( Sugar, Cholesterol, Blood Pressure)

Free Eye Check up

Free Dental Check up

Medi vision Diagnostic centre &  
Dr.Agarwal's Clinic

