

Alva's College (Autonomous) Moodubidire

Inauguration of Alva's Wellness Room

Date : 28-10-2024

Time : 2:30 PM



The poster features the Alva's Education Foundation logo on the left and a stylized human figure with a heart on the right. The main text is centered and includes the college name, event details, and a list of participants. A dark blue banner highlights the event title, and a dark blue box at the bottom contains the date, time, and location. The text is primarily in black and red, with some blue and yellow accents.

 **ALVA'S** COLLEGE MOODUBIDIRE (AUTONOMOUS) 

Alva's Center for Wellness Training
invites you for the

**Inauguration of the Wellness Room,
Launch of the Buddy Movement and
Session on Mental Wellness**

*Join us for a special event as we celebrate the opening of our **Wellness Room** and the initiation of the **Buddy Movement** on campus. This initiative aims to promote mental well-being and foster a supportive community among students and staff.*

Inaugurator: **Dr. PV Bhandary**
Renowned Psychiatrist, AV Baliga Institute, Udupi

President : **Mr. Vivek Alva**
Managing Trustee, AEF

Guest of honour : **Dr Kurian**
principal Alvas Degree College

Presence : **Prof Balakrishna** **Dr. Mukambika GS**
AO Alvas Degree College IQAC Coordinator, Alvas College

Date: October 28, 2023 | **Day:** Monday | **Time:** 2:30pm-4 pm
Location: Inauguration of Wellness room at the entrance of 2nd Floor UG Block

Session on mental Wellness: AV Room, 2nd Floor

*This is an excellent opportunity to
learn, engage, and connect!*

All are invited.

Dr. Deepa Kotari
Director
Alva's centre for Wellness Training



INAGURATION

BY

Dr. P.V. Bhandary, Director, A.V. Baliga Institute, Udupi

Dr. Ordry Pinto, HOD of PG Studies in Psychology

Mr. Vivek Alva, Managing Trustee, AEF

Dr. Deepa Kotari, Director, Alva's Centre for Wellness Training



