



ST. FRANCIS COLLEGE | BENGALURU

Permanently Affiliated to Dr. Manmohan Singh Bengaluru City University
Accredited 'B++' Grade by NAAC | Approved by AICTE

3 GOOD HEALTH
AND WELL-BEING



NATIONAL SERVICE SCHEME UNIT
(In association with IQAC)

MENTAL WELLNESS PROGRAMME

BY



PYRAMID VALLEY INTERNATIONAL,
KANAKAPURA MAIN ROAD, HAROHALLI

“Pause. Breathe. Reconnect”

– Mindful Youth, Meaningful Service



A Wellness Initiative for
NSS VOLUNTEERS



DATE
08/09/2026
(Tuesday)



TIME
11:00 AM



VENUE
2nd Floor
Seminar Hall



RESOURCE PERSONS



**Pyramid Valley
International**

Dr. Rahul Kumar Raj
Team Learning Centre
Pyramid Valley International

Ms. Manjula Shetty
Team Learning Centre
Pyramid Valley International

Mr. Karan
Team Learning Centre
Pyramid Valley International

Ms. Chandrakala V
NSS Programme Officer

Dr. R. N. Subba Rao
Principal

Rev. Bro. Dr. Titus Anto
Director

“ Take time to pause, breathe, and realign.
Your mental well-being is the foundation of everything you do. ”