

**SEMINAR ON IMPORTANCE OF MENTAL HEALTH AND DEVELOPMENT OF
PERSONALITY ORGANIZED BY ISPOR NARAYANA PHARMACY COLLEGE
STUDENT CHAPTER**

ISPOR Narayana Pharmacy College Student Chapter organized a seminar on Importance of Mental Health and Development of Personality on October 31, 2019 at Narayana Pharmacy College seminar hall. Dr. PV Reddy, Professor of Psychology, Narayana Medical College Hospital was the invited speaker of the day. The speaker highlighted the significance of mental health to the students. He talked on healthy lifestyle and provided awareness to the students for a stress free life by regular exercise, meditation and yoga and healthy diet. He also stressed on culmination of suicidal tendency which is the current issue of concern among the youth. Later the speaker interacted with students on personality development. Principal, Faculty and 200 B. Pharmacy and Pharm. D students, ISPOR NPC Student Chapter participated in the seminar for its successful accomplishment.



