

TRINAYANA-2020

R U OK?

If you don't like the road you are walking, start paving another one, because it is not about how much we lost, but about how much we have left.

We live only once, but if we do it right, once is enough.

We, Team TRINAYANA-2020, are here to encourage more people to ask “**R U Ok?**”, knowing the signs that someone isn't OK can help us determine when it's time to check in with someone.

A talk session will be held in **Shatavahana Ground** from **5:00 PM** for the students and faculty to express their thoughts and views.

Drop boxes will be placed near every Academic Block where the students can drop a written note about their problems. Anyone requiring a personal solution to the problem can provide their phone number or attend the session in the evening.

We request all the students to take part in a noble cause and help everyone take a step towards better mental health.

A conversation can change a life

- Regards

Team TRINAYANA – 2020

Dr. B. Vijay Kumar,

Convener,

TRINAYANA-2020.