



VIT[®]
Vellore Institute of Technology
(Deemed to be University under section 3 of UGC Act, 1956)

MANAM'24

SCHOOL OF SOCIAL SCIENCES AND
LANGUAGES (SSL)
DEPARTMENT OF SOCIAL SCIENCES
Organises



VELFIE

A VIDEO TAKEN ON ONESELF

CONTEST on: 8th Oct 2024

Procedure to participate

- The video can be submitted in any format. The length of the video has to be 2 to 3 minutes.
- Recorded video can be posted on any available platform (such as YouTube, Google Drive, etc.)
- **Submit the URL for review in the link below**
<https://forms.gle/JP1f9UimheKQ1Sco9>
- Theme of the video is "**MENTAL HEALTH AT WORK**"
- The theme includes prevention of work related mental health conditions, protecting and promoting mental health at work and supporting people with mental health conditions at work.
- The deadline for uploading the video in the given link is 8th October, 2024.



World
Mental
Health
Day



Faculty Organizers:

Dr. J Balamurugan & Dr. S Sivakumar

Associate Professor

Department of Social Sciences, SSL