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Sarvajanik University, Surat

Gujarat State

National Service Scheme (NSS)



Mera -Terah Run

“Awareness on Mental Health”

13 October 2024

In association with

MERA TERAH RUN 2024



RUN/WALK

For Fun & "મજા"

Thank You



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NSS Cell of Sarvajanik University has participated in “**Mera Terah Run** “ on **13th October 2024** to celebrate **World Mental Health Day** (10th October 2024) . The objective of the Run /Walk was to promote the importance of mental well-being. Mental health is essential for everyone, and raising awareness is a vital step towards breaking the stigma.

Along with the Run, a Walk and Rally for children, teenagers, youths, adults, and seniors have also been organized to highlight the need for mental health care for all.

Students and NSS Volunteers from SCET , IDPT , BRCM , SRLIM ,SRKI and SCCCA have enthusiastically managed the Run /Walk and Rally .

Come, let's Run/Walk/Rally for Fun.

Run/Walk/Rally for the "Mind".





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