



Hindu Temple & Cultural Society of USA, Inc. (HTCS)
Sri Venkateswara Temple (Balaji Mandir) and Community Center
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"Ending the Silence: How Mental Wellness is Essential for Academic Success"

(Mental Wellness in association with NJ state section of
National Alliance of Mental Illness (NAMI.org) along with Community) Doctors)

The presentation will cover the following points:

- An opportunity to hear open and honest perspectives on a highly misunderstood topic.
- A chance to ask leaders questions, allowing for a deeper understanding of challenges people may face and helping to dispel stereotypes and misconceptions.
- Understanding that everyone has hopes, dreams, and goals that enrich their lives.
- Information on how to learn more, build awareness, and become involved in the community.
- Strategies for increasing focus and staying engaged in challenging environments.
- Practical ways to cope with social pressure and navigate challenging situations .



IMPROVE FOCUS

Better concentration
leads to better
learning.



BOOST PERFORMANCE

Reduced stress
improves memory
and results.



BUILD CONFIDENCE

A positive mind
believes in itself
and grows.



STRENGTHEN RELATIONSHIPS

Good mental health
helps in better
connections.



PROMOTE WELL-BEING

Emotional balance
supports a healthy and
happy life.

Workshop is for student ages 13+ with parents/guardians, and anyone interested

Date of the Seminar: Saturday, October 3, 2026

Time: 1:00 PM to 3:00 PM

Location: Vidyalaya Auditorium

Registration Link - https://balajimandir.formstack.com/forms/mental_wellness