

MANO LAYAM

Rhythm of the Mind Centre for Wellbeing

Struggling with academics?

Looking for connection?

Coping with stress, loss, or trauma?

Seeking clarity, balance, or direction?

You are welcome here

At the Mano Layam Centre, you'll find support to:

Strengthen academic and life skills

Build confidence and emotional resilience

Foster healthy interpersonal relationships

Navigate life's challenges

Explore your potential and enhance overall wellbeing

We're here to listen. We're here for you.

 **Visit Us:**

Mano Layam – Centre for Wellbeing
Room No. A309, 3rd Floor, Main Block
Amrita Vishwa Vidyapeetham
JP Nagar, Arasampalayam,
Coimbatore- 642109

 **Reach Out to us:**

manolayam@cb.amrita.edu



Counselling • Groups • Workshops • Wellbeing Programs