



# 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](mailto:manolayam@cb.amrita.edu)



**Counselling • Groups • Workshops • Wellbeing Programs**