

Ladies and gentlemen, esteemed graduates, faculty, family, and friends, Today we celebrate not just academic achievements but the incredible journey each of you has undertaken. As you stand on the brink of new adventures, I urge you to prioritize something fundamental: your mental health and well-being.

Life beyond graduation can be thrilling but also filled with challenges. Remember that taking care of your mind is just as important as pursuing your ambitions. Balance is key. Make time for activities that bring you joy and peace. Surround yourself with supportive people and do not hesitate to seek help if you need it.

Stress can be a part of life, but how you manage it defines your well-being. Develop habits that nourish your mental health, whether it's through exercise, meditation, or simply taking a moment to breathe.

As you step into the world, carry with you the courage to take breaks and the wisdom to know your limits. By prioritizing your mental health, you are not only investing in your future but ensuring a life of fulfillment and happiness.

Congratulations, graduates. Pursue your dreams, but never at the expense of your well-being. Thank you.