



## NIBS AND BRUSHES Aryabhata College

Convener: Mr. Binoy Bhushan Agarwal

### **“RESILIENCE AND MENTAL HEALTH IN INDIAN CONTEXT”**

A seminar on the topic - “Resilience & Mental Health in Indian Context” was conducted under Riwayat’24 by Nibs and Brushes, the Creative Writing and Fine Arts Society of Aryabhata College on 16<sup>th</sup> February 2024 from 12:30 PM- 2 PM in the Activity Room of the College.



The lecture was headed by Ms. Maanya Johri who was formally welcomed by Dr. R.K. Dwivedi, who discussed and provided his insights regarding the topic of the day, he talked about the importance of mental health and asked the students to stay resilient in times of hardship.

This was followed by him welcoming our guest speaker, Ms. Maanya Johri, the writer of *'Sensitivities Unfiltered'*, *'Yellow Windows'* and *'Enigmatic Trickles'*, who educated the audience on the various aspects of mental health and also informed the students on how it is crucial for a person to maintain their physical, social, mental and emotional wellbeing she stressed on how a person's family affects their mental health and its importance. Along with this she talked about procrastination, its effects and the various ways to avoid it. She also shared her personal experiences and created a comfortable atmosphere all over.

The seminar concluded with QnA session wherein doubts of the students were answered by the speakers. The seminar was attended by approximately thirty people and was overall a success filled with lots of learning and a dynamic interaction between the students and the speaker.

