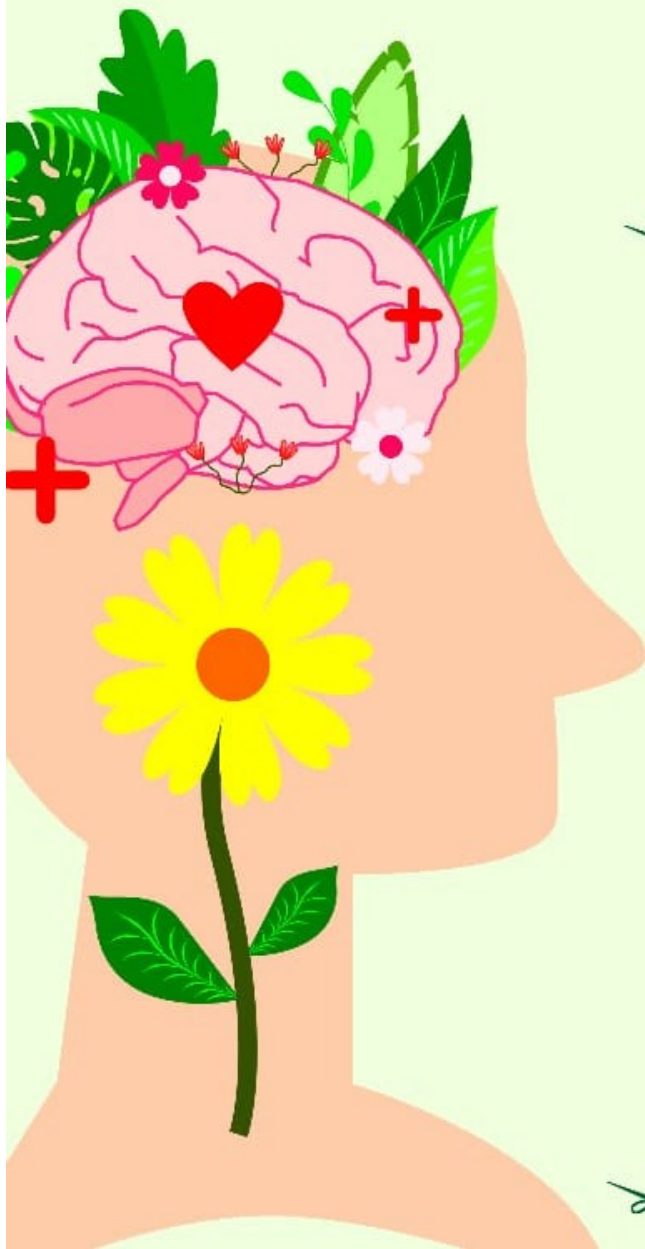




INVITATION

The Mental Health Committee MANSVA cordially invites you for a two day festival 'MOKSHA' to be held on 24th & 25th October 2024 under the aiges of IQAC, Motilal Nehru College, University of Delhi.



MOKSHA'24

DAY 1

10:00AM -10:30 AM: INAUGURATION

VENUE: LT 1

10:30 AM- 12:30PM : SPEAKER SESSIONS

'ART OF BALANCE'

'ROLE OF RIGHT THINKING & MEDITATION ON MENTAL WELLBEING'



Professor Abhinav Grover alias HG Amala Krishna Prabhu

BK Kamala

Spiritual instructor, mentor & Professor at School of Biotechnology, JNU (B.Tech, M.Tech & P.hD, IIT Delhi)

Rajyoga Teacher at Brahmakumaris (Masters in Crisis Management and Self Management)

10:30 am- 11:30 am

11:30 am- 12:30 pm

1:00 PM - 3:00 PM : 'HEAL YOUR INNER CHILD' WITH FUN AND GAMES

VENUE: LIBRARY LAWN

DAY 2

10:30 AM- 12:30 PM : SPEAKER SESSIONS

VENUE: SEMINAR HALL

'HOW TOXIC RELATIONSHIPS AFFECT MENTAL HEALTH'

'MENTAL HEALTH ISSUES OF TODAY'S YOUTH'



Dr. Nisha Khanna

Dr. Surbhi Sharma

Senior Consultant, Counselling Psychologist

Consultant Psychiatrist, Dr Surbhi's Psychiatry Clinic, Lajpat Nagar, New Delhi

(Tedx speaker, certified marriage & family counsellor)

(MBBS, M.D Psychiatry, AIIMS DELHI)

10:30 am- 11:30 am

11:30am-12:30pm

1: 00 PM - 3:00 PM : CINEMATHERAPY

VENUE: SEMINAR HALL