



**Hindustani Prachar Sabha** in Collaboration with  
**Bombay Psychiatric Society** presents

## "Good Mental Health for Success & Happiness"

### 09.30 to 10.00 Registration

- 10.00 to 10.30 Inauguration – Mr. Feroze Patch  
– Dr. Ruksheda Syeda  
– Dr. Harish Shetty (*Special Guest*)  
Welcome – Dr. Rita Kumar
- 10.30 to 11.00 Mental Health Literacy - Dr. Ruksheda Syeda
- 11.00 to 11.30 Improving Self Image & Self Talk – Dr. Mansi Jain
- 11.30 to 12.00 Making good decisions & saying no to substance –  
Dr. Priyanka Mahajan
- 12.00 to 12.30 Practical daily life skills for over thinking,  
procrastination, exam anxiety – Dr. Mansi Jain
- 12.30 to 01.00 Interactive Session with Doctors

### 01.00 to 02.00 LUNCH

- 02.00 to 03.00 Panel Discussion "College & Beyond – Building  
Resilience" Dr. Santosh Kaul, Dr. Kiron Jatar,  
Ms. Mehezabin Dordi  
*Moderator* : Dr. Alkesh Patil (Gen Sec BPS)
- 03.00 to 03.30 Mindfulness for Wellness – Dr. Nahid Dave
- 03.30 to 04.00 Reflection & Interaction
- 04.00 *Vote of Thanks* – Rakesh Kumar Tripathi

**Date : 01st October, 2024**

**Time : 10.00 am to 4.30 pm**

**Venue : IMC Chamber of Commerce and Industry,  
IMC Bldg., IMC Marg, Churchgate, Mumbai**