



MANASWINI
Employing psychology, empowering minds!

Join us for....

अंतर्धारा

- CHANGE THE NARRATIVE -

ABOUT THE EVENT

Antardhara is a mental health awareness initiative promoting hope, empathy and open conversations to support suicide prevention and emotional well-being.

GUEST LECTURE



- Opening up about suicide prevention
- Recognizing warning signs
- Building a supportive safe space

Gain valuable insights from experts in the field of psychology

NUKKAD NATAK



A story of resilience, compassion and the courage to ask for help when it matters most.

Small actions shake a humanity.



POCKETS OF THOUGHTS

Leave an anonymous note of hope, encouragement or kindness for someone who needs it.

AWARENESS STALLS



Explore interactive activities, mental health resources and self-care practices that inspire awareness and well-being.



DATE

10th September



TIME

12:00 PM - 3:00 PM



VENUE

VKM SEMINAR HALL



GUEST SPEAKER

Dr. Satya Gopal Jee
Professor of Psychology
DAV PG College, BHU

HOPE BEGINS WITH A CONVERSATION