

THRIVING IN ACADEMIA

EXPLORING MINDFULNESS AND ACCEPTANCE TO NAVIGATE ACADEMICS SUCCESSFULLY



VENUE
BIOLOGICAL SCIENCES AUDITORIUM
(GROUND FLOOR), IISc

DATE
24TH MAY 2024
FRIDAY

TIME
3.00PM - 4.30PM

GUEST SPEAKER



Dr. Noufal Hameed
Clinical Psychologist
Head & Chief Wellness Officer,
Psychology operations,
Cureocity Health Tech,
Calicut, Kerala

KEY AREAS OF DISCUSSION

Mental Health and Higher Education	Understanding mindfulness and acceptance	Purpose – knowing the path	Managing time and priorities	Building resilience and Coping with stress
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Refreshments will be served after the session