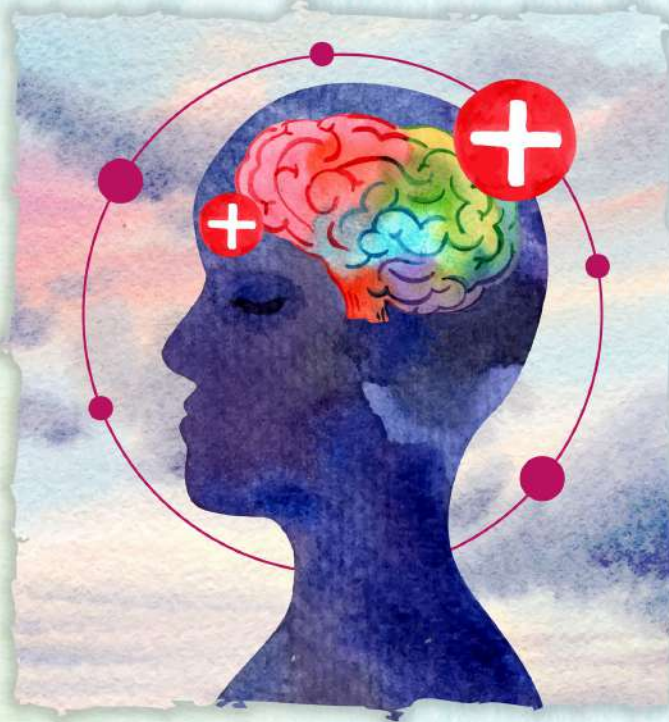


SATYENDRA NATH BOSE NATIONAL CENTRE FOR BASIC SCIENCES



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Interactive Session on
.....
Is my mental health important?
- A conversation about mental health

Date

16th November, 2022

Time

12:00 PM

Venue

Silver Jubilee Hall

Speaker



NAVNITA BOSE

*Guest Lecturer,
Dept. of Psychology
West Bengal State
University &
Clinical Psychologist*

Abstract

Sigmund Freud once said that *“Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways.”*

Do I want it to be ugly or something can be done to make it manageable? The need of the hour is to talk rather than just waiting till our emotions engulf our potentials. The conversation will focus upon why we need to be compassionate towards our mental health and ways to proceed towards achieving it.