

PUBLIC LECTURE ON

To be happier @ home

This interactive public lecture for 12-18 year olds is on 'things and relationships' that could affect their psychological development during the Covid-19 crisis. The pandemic has brought with it uncertainties regarding the present and the future and therefore facing the 'new normal' can be as scary as a surprise test. The objective of the program is to discuss and explore with the participants various aspects related to 'things and relationships' during these challenging times and to enable them with the resources for a joyful transition to adult life. It aims to provide teens with the tips and tricks to work towards being mentally strong, increase their focus and motivation and improve their ability to adapt to change. It hopes to equip them with the skills to explore healthier alternatives in life, enhance their self-regulatory skills, ways to strengthen the parent-teenager bond and much more

Date: 7th August 2021

Time: 4 PM

Zoom Meeting ID: 874 2549 4289

Passcode: 343067

<https://us06web.zoom.us/j/87425494289?pwd=TC8zUVl0aGVFd2lxcllLcURkbmJHQT09>



SPEAKER:

Dr. Bino Thomas

Associate Professor

Dept of Psychiatric Social Work

**Consultant Child and Adolescent
Psychiatry**

NIMHANS, Bengaluru