



Dr. Nimisha Vandan

(Post Doc. fellow, University of Hong Kong)

Co-founder OKAY MINDS.

“STRESS” the word itself creates a negative impact when spoken. People all across the globe are dealing with this in every aspect of their lives. Whether in the race of professionals or during student life, everyone has been strained with it in some way, and to make matters worse, the pandemic (COVID-19) has added to the mix. This emotional distress and anxiety may interfere with daily life and work. As a result, it is critical to learn more about mental health and how to preserve mental well-being.

Thus, Faculty of Pharmacy BBD-NIIT, Lucknow, took a step forward by organising an engaging session for the wellbeing of their faculty members as well as students connected to this very frequent and widely overlooked condition called "mental stress." It was addressed by Dr. Nimisha Vandan (Post Doctoral fellow at University of Hong Kong) under the topic “Stress Management and Resilience building among Professionals” on 17-05-2022.

Dr. Nimisha Vandan is the cofounder of OKAY MINDS. Okay Minds is a programme that provides emotional first aid by assisting participants in managing stress and developing better mental resilience in order to improve their life quality.

It was a three-hour open interactive event in which faculty members and students interacted openly with the speaker. They shared their life experiences to explain their stressors and stress triggers. The programme featured various activities to determine each participant's stress level and techniques to lower them. Dr. Nimisha made tremendous effort to comprehend each person. She also discussed some mental health suggestions and methods for maintaining mental wellbeing. Her workshop was a much-needed session in today's society for everyone, and it had a great impact.

At the end of the session, Prof. Dr. Shailendra Kumar Saraf (Director) and Dr. Sanjiv Kumar Chaudhari (Professor) honored Dr. Nimisha Vandan with a memento for her outstanding contribution to enhancing human happiness.