



LAW CENTRE - I PRESENTS SEMINAR ON BUILDING RESILIENCE : SHAPING MENTAL HEALTH STRATEGIES IN THE WORKPLACE IN 2025



Your mental health matters!



PROF. (DR.) ANJU VALI TIKOO
PROFESSOR IN-CHARGE
LAW CENTRE - 1
HEAD & DEAN, FACULTY OF LAW



PROF. (DR.) POONAM PHOGAT
GARGI COLLEGE
UNIVERSITY OF DELHI



DR. KOMAL MONGA
PSYCHOTHERAPIST
REBT EXPERT



DR. NIMISHA KUMAR
PRESIDENT
ASIAN CBT ASSOCIATION



DR. ANIL SAIN
PROGRAM DIRECTOR
LAW CENTRE - 1