

A talk from a reputed speaker **Dr Arun B Nair, Department of Psychiatry, Trivandrum Medical College** was done on 10<sup>th</sup> December, Saturday. **Dr Arun B Nair** is the Professor of Psychiatry (CAP) Govt Medical College Thiruvananthapuram, Kerala, Honorary Consultant Psychiatrist in Sree Chithra Thirunal Institute of Medical Sciences and Technology, Thiruvananthapuram, Kerala.

Title: Life Skills for Social Acceptance"

Venue: Hybrid Mode

Date: 10/12/22

The talk was well appreciated by a huge audience consisting of faculty, students and staff. The session was quite wonderful, interacting and the speaker gave a real insight on how and where we must strengthen so that we should not fall behind in the life run. Also, what all attributes does a person has who is suffering from depression was detailed.

