

# Know Your "Self"

Dr. Nimisha Vandan

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**Date:** March 6, 2023 (Monday)

**Time:** 2:30pm - 5:20pm

**Venue:** Centennial Campus, HKU

## Overview

You might have already heard the saying, "You have to love yourself before loving someone else." To build a good relationship with others, it is of utmost importance to be of our most authentic and honest self and have a good relationship with ourselves. By being honest means being honest in what is important to us, how we invest our time, and how we see ourselves. Once we understand and recognise what is working and what is not, positive effort can be made to bring an effective change. Better acceptance, self-confidence, and less inner conflict can be attained. By doing this, we can have strong connections with ourselves and others in any relationship and feel content in life.

## Learning Outcomes

- 1) Understand yourself by self-experience and self-perceptions
- 2) Develop a positive self-image, self-worth, and self-concept

## Learning Activities

- 1) Self-assessment tools for deeper self-reflection
- 2) Group activities and discussions
- 3) Tips and techniques to bring positive changes

## Remarks

Please bring a pen and a notebook.

## About the Instructor

Dr. Nimisha Vandan, co-founder of OKAYMINDS and a former Post-Doctoral Fellow at the School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong conducted research to understand the impact of COVID-19 on various population in Hong Kong. During PhD, her research focus was on understanding the effect of culture and ethnicity on patients' access to healthcare, their experience with healthcare system, cultural competency of healthcare professionals. Being passionate about understanding the influence of culture on life, she is keen on raising mental health awareness in the community and runs an initiative OKAYMINDS. She has successfully received certificates in "Intercultural communication" from HKU and received Achology Counselling Practitioner Certificate course. She has been conducting multiple workshops and trainings for universities and number of NGOs.

She did her master's degree in international health from The University of Tokyo, Japan and bachelor's degree in pharmacy from India.

