

# Future-Ready Series : Research Postgraduate Wellness Initiative 2023/24



## The Journey Within: Exploring Your True Self (with Neurographic Art Experience)

Dr. Nimisha Vandan

**Date: December 1, 2023 (Friday)**

**Time: 3:30 p.m. – 6:20 p.m.**

**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. Being honest means being honest in what is important to us, how we invest our time, how we see ourselves, and what is your drive and passion etc. Once we understand and recognise what is working and what is not, a positive attempt 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 relationships with ourselves and others and feel content in life.

### Learning Outcomes

- Understand yourself by self-experience and self-perceptions.
- Develop a positive self-image, self-worth, and self-concept.

### Learning Activities

- Using self-assessment tools for deeper self-reflection
- Group activity and discussion
- Neurography: Therapeutic Art Expression

#### About Neurographic Art

It was developed by a Russian psychologist, artist, and architect, Dr. Pavel Piscev in 2014. It invites us to draw freeform lines on paper, called neurolines. As the line travels across the page, it encourages us to relax. It acts as a form of meditation as the pen creates line and shape. We are able to disconnect from the things we are troubled by and focus on the drawing for a few moments. Sometimes the lines cross each other to make recognisable shapes and sometimes they are just bubbles. The idea is to find a reset through the process and leave all your fear and stress on the paper. The theory behind Neurographica is based on the scientific study of visual thinking and pattern identification. It is widely used in treatment of stress, anxiety and PTSD.

### Remarks

Please bring a pen and notebook. All the materials will be provided for Neurographic Art.

### 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 of 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 in 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 in international health from The University of Tokyo, Japan and bachelor's in pharmacy from India.

