



Bala Mandir Research Foundation
(Unit of Bala Mandir Kamaraj Trust)

cordially invites you to the

S. Manjubhashini Memorial Seminar - 2022

I.M.P.A.C.T. of the Pandemic on Children and Our Role as Caregivers

A virtual meeting - Google platform

on **Saturday, 5th March 2022**

Time: **10.30 am**

Keynote Address by

Ms. Mina Dilip

Psychologist, Trainer and Writer



The talk will address how the pandemic has affected children's mental health and the measures that may be taken to support them effectively. 'I.M.P.A.C.T.' will be used as an acronym for the specific points the speaker will be discussing. She will be sharing inputs on how adults and caregivers can offer support and create safe spaces for children to process their emotions and recover from the ill-effects of the last two years.

Children need social engagement in order to self-regulate their emotions and feel grounded. In the absence of healthy social interactions, children get deregulated, and this tends to show up in the form of unacceptable behaviours, withdrawal or both. The key component that they need in order to stabilise is safety. It is our responsibility as adults to create such safety in the environment to enable children to grow and develop into healthy individuals.



Ms. Mina Dilip is a Certified Play Therapist from Leeds Beckett University, UK, with a Master's Degree in Psychology, and Diplomas in Child Psychology and Advanced Counselling Skills from Stonebridge Associated Colleges UK. She is a consultant psychologist at the British High Commission in Chennai, and represents CIC through their Employee Assistance Program. Mina also has her own private practice in Nungambakkam, Chennai, and is a certified supervisor who trains and mentors other therapists and counsellors. She is associated with several educational institutions across South India as a visiting faculty/trainer, and she also offers corporate training programmes periodically. In her spare time, Mina writes poetry, articles and short stories for magazines like *Woman's Era*, *Parent Circle*, etc.