



Shri Zalawad Visha Shrimali Sthanakwasi Jain Samaj  
KNOWLEDGE SERIES COMMITTEE presents



10

# ABC of Mental Health



**Speaker**  
**Dr. Nimrat Singh**  
Psychologist,  
Author and Healer,  
Ahmedabad

22<sup>nd</sup> JULY 2021, THURSDAY 8.30 to 9.45 PM (IST)  
ZOOM ID : 935 8519 1071 Password : 108108

Moderator  
**Mrs. Leenaben Doshi**