


*Mind Over Matter:
Corporate Mental Wellness and Combating Drug Abuse*

Guest Lecture: 13/12/2024

Dr. Virinchi Sharma delivered an impactful guest lecture on **"Corporate Mental Wellness and Drug Abuse,"** attended by 50 MBA students of IBS Hyderabad. Organized by **Club Speak Up** in collaboration with **Club Convergence**, the session addressed the pressing issues of mental health challenges and substance abuse in the corporate world. Dr. Sharma shared insights on coping with workplace stress, identifying early signs of mental health issues, and the role of a supportive environment in fostering well-being.

The interactive session resonated deeply with the audience, providing a safe space for students to discuss personal challenges. Students expressed that the lecture gave them practical tools and a new perspective on managing extreme pressure in professional settings. It was a transformative experience, emphasizing the importance of prioritizing mental health and seeking help when needed.






GUEST

Lecture on
CORPORATE MENTAL WELLNESS & DRUG ABUSE

Guest speaker
DR. VIRINCHI SHARMA
Founder Fighting Blues &
Director of Manasa Psychiatric Hospital
13TH, DECEMBER 2024
5.00 PM TO 7.00 PM
LT - L&K







Student Activity Coordinator: Prof Madhavi Garikaparthi

Faculty Member: Prof Mushtaque Hussain, our club mentor