



# Resilience In Crisis

## Global Webinar Presentation

*Under the leadership of Dr. Bhavna Barmi,  
Senior Clinical & Child Psychologist,  
Happiness Studio*



# Introduction

**Happiness Studio is honoured to host the global webinar 'Resilience In Crisis' in alignment with WHO's 2025 theme: "Mental Health Support in Humanitarian Emergencies" on 10th October, the World Mental Health Day.**

Experts from mental health, military, research & academics, social activism, and community resilience domains shared insights on emotional well-being, coping strategies, and recovery in crises.

## **Concept Idea**

Crises, whether global or personal, test our emotional endurance.

Understanding resilience is essential for individuals and communities alike.

# Meet Our Panelists



**Dr Ram Ganjoo**

AVSM, VSM (Retd.)  
General Physician &  
Certified Haemato-  
Oncologist



**Dr Bhavna Barmi**

Senior Clinical &  
Child Psychologist  
Founder, Happiness  
Studio, India



**Dr Mahima Kapoor**

Senior Psychiatrist  
Maulana Azad  
Medical College  
New Delhi



**Dr Swaleha Mujawar**

Assistant Professor in  
Psychiatry at Subharti Medical  
College, Meerut



**Dr Mano Manoharan**

FRC Psych  
Consultant Perinatal  
Psychiatrist NHS  
Trust, London



**Dr Rakesh Chawla**

Patient of Bipolar  
Disorder for 25 years



**Shree Singh**

Managing Trustee &  
Director Partnerships  
Kufon Charitable  
Trust



**Dr Ritika Singh**

Senior Resident in Psychiatry  
at Subharti Medical College,  
Meerut

# PANEL DISCUSSION: QUESTIONS & KEY INSIGHTS

A curated sequence of questions posed to experts during the webinar and the valuable insights shared, highlighting approaches to resilience, mental health support, and coping strategies in crisis situations.



# WHO Theme & Alignment

**Dr Bhavna Barmi**

## Question

To begin, could you put a spotlight on this year's WHO theme, 'Mental Health Support in Humanitarian Emergencies,' and share how our initiative 'Resilience in Crisis' aligns with it?



## Key Insights

- WHO's theme highlights mental health as essential to humanitarian aid and recovery.
- “Resilience in Crisis” complements this by integrating psychosocial well-being with emergency response.
- Building emotional preparedness in communities is key to long-term resilience.



# Psychological Impact in Conflict

**Dr. Ram Ganjoo**

## Question

Having faced crises firsthand in war-affected areas, could you share your insights on their psychological impact and the toll they take on people's emotional well-being?



## Key Insights

- Conflict zones heighten anxiety, grief, PTSD, and loss of emotional safety.
- Early support and structured debriefing reduce long-term psychological harm.
- Rebuilding normalcy through community engagement aids recovery.



# Mental & Psychiatric Concerns

**Dr. Ritika Singh**

## Question

What kind of mental health and psychiatric concerns are most seen during humanitarian emergencies and crisis?



## Key Insights

- High prevalence of acute stress disorder, PTSD, anxiety, and depression.
- Grief reactions, substance use, and sleep disturbances often emerge post-crisis.
- Long-term displacement and uncertainty can lead to chronic trauma and adjustment disorders.



# Critical Support Infrastructure

**Dr Mano Manoharan**

## Question

In major emergencies, what kind of critical support for mental well-being is usually available, and how can it be strengthened to better reach those in need?



## Key Insights

- Existing supports: hospitals, NGOs, counseling centers, outreach teams.
- Strengthen through inter-agency coordination and training first responders.
- Leverage digital tools and mobile clinics to expand reach.



# Accessibility Challenges

**Dr Mahima Kapoor**

## Question

While physical needs like food, water, and shelter often take priority during crises, what challenges do we face in making mental health support equally available and accessible?



## Key Insights

- Mental health often sidelined in crisis response due to prioritization of immediate physical needs.
- Barriers include stigma, shortage of trained professionals, and lack of structured systems.
- Systemic and policy-level gaps - insufficient integration of mental health into disaster management frameworks.



# Community Sensitivity & Endurance

**Ms Shree Singh**

## Question

In remote Himalayas, life seems to be dealing with continuous crisis and hardship becomes normal. When endurance becomes routine, how do we rebuild sensitivity in the community?



## Key Insights

- Continuous adversity can cause emotional numbness and burnout.
- Restoring empathy through local dialogue, rituals, and reflection builds collective healing.
- Empowering youth and community leaders strengthens shared resilience.



# Role of Social Support

**Dr Mano Manoharan**

## Question

When formal systems of care are disrupted, how crucial does social and community support become in maintaining mental well-being?



## Key Insights

- Social bonds offer emotional safety when institutional care is absent.
- Community belonging reduces trauma and isolation.
- Encourage peer support and local volunteer networks.



# Personal Triggers & Resilience

**Dr Rakesh Chawla**

## Question

On a more personal level, as someone who has been battling bipolar disorder with strength, what kind of situations or experiences tend to trigger mental health struggles?



## Key Insights

- Triggers may include trauma reminders, emotional stress, or uncertainty.
- irregular routines, sleep disruption, or major life changes may act as escalators.
- Rapid mood shifts and intense emotions, making daily life feel overwhelming and challenging to manage.



# Recognizing & Addressing Triggers

**Dr Mahima Kapoor**

## Question

Since triggers can come from so many different directions like stress, uncertainty, or loss, how can they be recognized and addressed early to strengthen emotional resilience?



## Key Insights

- Early warning signs like mood swings or withdrawal shouldn't be ignored.
- Coping involves mindfulness, maintaining daily routines, emotional check-ins, and timely professional help.
- Building safe spaces for dialogue at home, workplaces, and schools encourages support and reduces stigma.



# Understanding Resilience

**Dr Swaleha Mujawar**

## Question

A whole chapter in your book is dedicated to resilience. Would you throw some light on understanding resilience during crisis?



## Key Insights

- Resilience is built through acceptance, adaptability, and purpose.
- Maintaining relationships and meaning-making fosters recovery.
- Stories of overcoming adversity inspire hope across communities.



# Rebuilding After Crisis

**Dr Bhavna Barmi**

## Question

To conclude, what are some evidence-based techniques or practical approaches that have proven effective in helping people recover emotionally and rebuild resilience after a crisis?



## Key Insights

- Psychological First Aid (PFA), CBT, mindfulness improve coping and post-crisis adjustment.
- Group therapy and expressive arts foster collective healing.
- Integrate resilience training into schools and community programs.



# Key Takeaways & Recommendations

- Mental health support must begin alongside physical relief.
- Build community-based resilience networks and empower local care systems.
- Combine evidence-based therapies (CBT, PFA, mindfulness) with empathy-led outreach.

# Our Team



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# THANK YOU

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