

Seminar on “Mad not Stupid”; Strategies to Cope Bipolar Disorder

The Department of Humanities organized a Seminar on “Mad not Stupid”; Strategies to Cope Bipolar Disorder on 7th December 2023. Ms. Amna Naveed, Assistant Professor of English, invited the author of the book, *Mad not Stupid*, Ms. Meezan Zahra who herself has successfully fought the bipolar disorder and is leading a successful life. Dr. Musferah Mehfooz, Head of the Humanities department, welcomed the guest speaker and highlighted the significance of the topic in modern era where people specially youth is suffering from various mental/ psychological disorders.

The purpose of the seminar was to acquaint the audience to bipolar disorder, remove taboos and stigma surrounding mental health conditions, especially bipolar disorder. While interacting with the audience Ms. Zahra talked about the upheavals a bipolar patient goes through. She further elaborated self-improvement techniques like journaling, yoga, prayer, recognizing triggers, and utilizing online platforms like *PatientsLikeMe* to overcome the intensity of the disorder. She emphasized the importance of kindness towards the mentally ill and advocated for removing stigma associated with mental illnesses in Pakistan. Ms. Khawaja asserted that regardless of mental health conditions, everyone is Pakistani and deserves equal treatment. Ms. Zahra expressed her hope for a societal shift in perception, urging awareness, treatment, and destigmatization as crucial starting points. The seminar was concluded with Ms. Khawaja expressing her hope that the audience, especially Pakistani society, heeds her message.

The seminar was concluded with the remarks of Dr. Shameem Fatima, Chairperson department of Humanities, who thanked Ms. Zahra for her insightful talk and sharing her journey from being a depressed patient to a successful author, researcher, and a teacher.

