

DIGITAL FESTIVAL JULY 2020

MANAV UTSAV

Manav Utsav

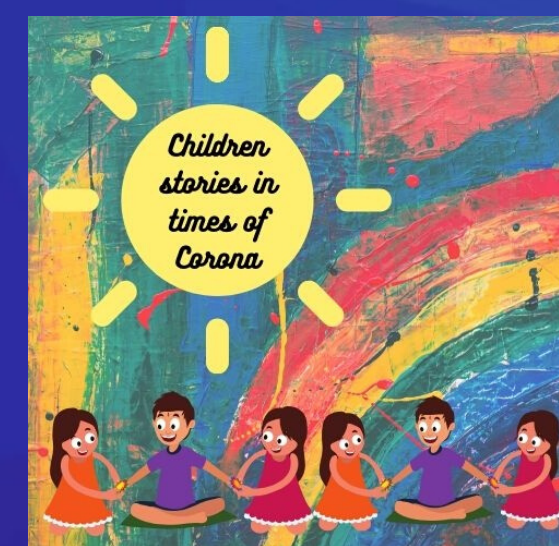


SOUTH ASIAN
HERITAGE
MONTH

JULY 3-31
(EVERY FRIDAY
AND
SATURDAY)
ZOOM
4-5 PM UK



**DE MONTFORT
UNIVERSITY**
LEICESTER



Event schedule

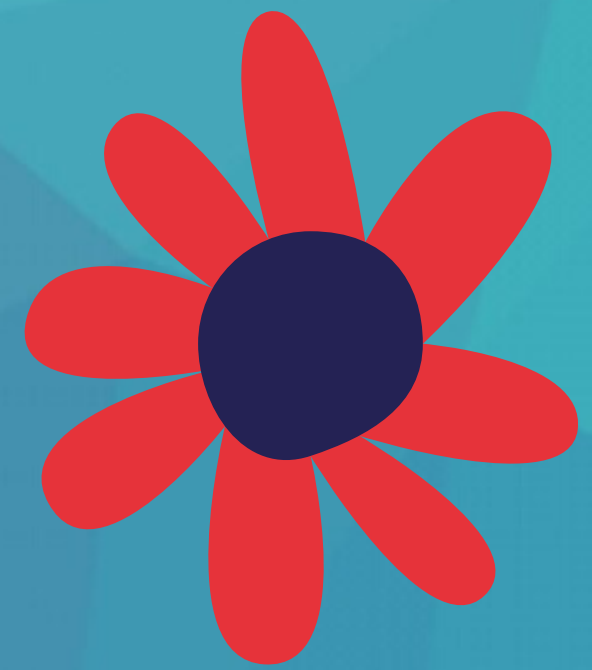
03/07/2020

Sangeet Foundation

10/07/2020



Elixir



17/07/2020

An Indian Summer

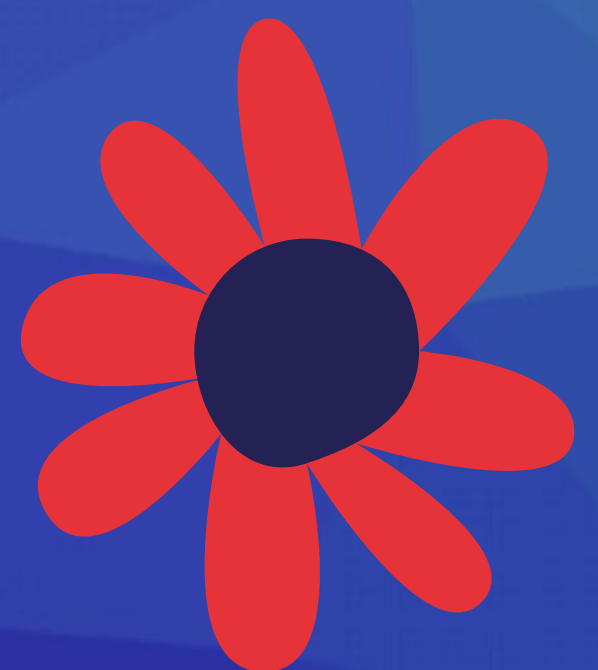
24/07/2020

Children stories in
times of Corona

31/07/2020

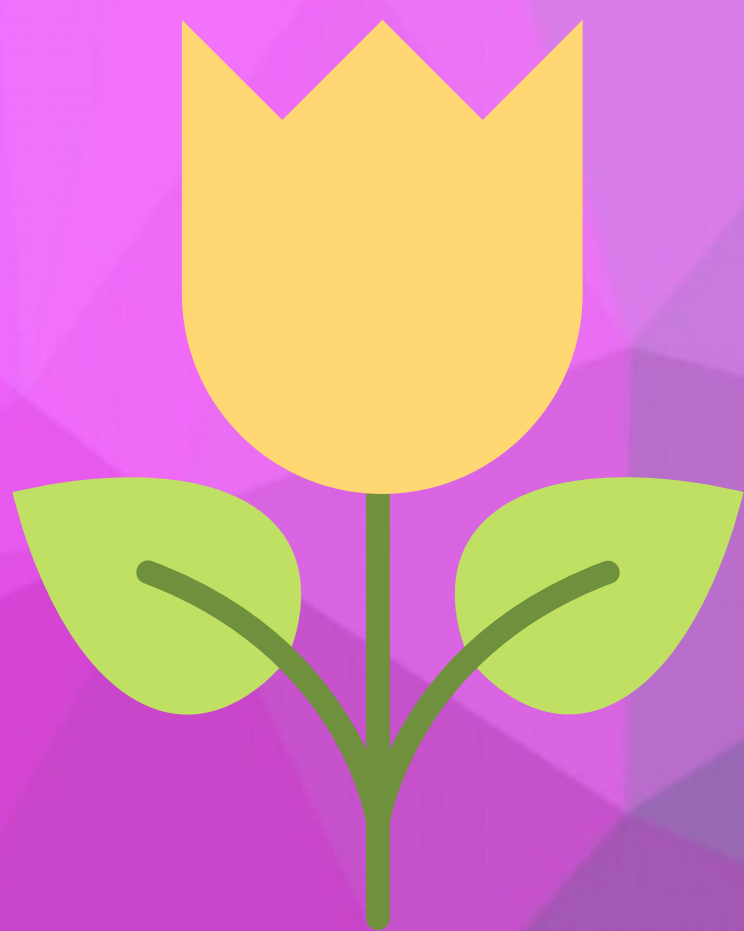


Celebrate our
Similarities



All details will be updates on our Facebook
page

Festival essentials



Celebrate

Laptop

Phone

Tablet

Chargers

Tea/Coffee

Quiet room



Festival themes



Music

Art

Dance

Drama

Recitation

Storytelling

Other



Virtual Baatchheet



How can we build resilience within the South Asian
Community?

Dr Argha Sarkhel, Consultant Psychiatrist

<https://livingmind.co.uk/>

Saturday, July 4, 2020, 4-5pm

South Asian Community and mental wellness

Professor Raghu Raghavan

Director Mary Seacole Research Centre

Co-Director Leicester Centre for Mental Health

Research (LCMHR)

Faculty of Health and Life Sciences De Montfort

University

Saturday, July 11, 2020, 4-5pm

Virtual Baatchheet



Mental health and Performing Arts

Mrs Soma Das

Mrs Sudha Raghavan

Miss Nandita Raghavan

Saturday, July 18, 2020, 4-5pm

How to keep your child healthy in pandemic times?

Professor Monica Lakhanpaul, Professor of Integrated
Community Child Health, Pro Vice Provost South Asia, Co-

Director CHIP (Childhood Infections and Pollution
Consortium), UCL Great Ormond Street Institute of Child

Health Saturday, July 25, 2020, 4-5pm