



ILIA Seminar Series



UNDERSTANDING MENTAL HEALTH THROUGH NEUROSCIENCE

On 13th November 2024, the Institute for Leadership, Innovation and Advancement (ILIA) at Universiti Brunei Darussalam (UBD) hosted an inspiring episode of the ILIA Seminar Series to mark Mental Health Day. Titled "Understanding Mental Health Through Neuroscience", the seminar was led by Dr Rizki Edmi Edison, Assistant Professor at ILIA and a renowned neuroscience expert.



The event attracted around 30 participants, including lecturers and students from various faculties, centres, and institutes across UBD. The engaging session explored how recent advancements in neuroscience have deepened our understanding of mental health, focusing on the brain's response to stress, its impact on cognitive functions, and practical strategies to boost mental resilience.

Dr Edmi's dynamic presentation captivated attendees with actionable insights, including stress management techniques and concentration-boosting routines. Participants praised the seminar's approachable style and valuable takeaways, with one attendee noting, "It's amazing to see how neuroscience offers such practical ways to improve mental well-being."



The seminar's lively and interactive atmosphere highlighted the importance of nurturing mental health in everyday life, aligning perfectly with the theme of Mental Health Day.

Concluding with a warm round of applause and positive feedback, the seminar reaffirmed ILIA's commitment to fostering knowledge and personal growth within the UBD community. Stay tuned for more insightful sessions in the ILIA Seminar Series – where science meets real-world impact.

