

# The Telegraph

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## WHAT SUP

### SAROJ DUBEY'S *RX FOR RESILIENCE* IS A COMPELLING GUIDE TO GROWTH, HEALING AND THE PURSUIT OF HAPPINESS



(L-R) Rima Mukherji, Drishti Kothari, Saroj Dubey, Oindrilla Dutt, Minu Budhia, Sumita Basu and Indira Roy Mandal, officially launched the book in Calcutta. "This book is a gift to society. Dr Dubey writes beautifully of his journey of coming to terms with loss and grief. We all have our own coping mechanisms, and in the field of counselling, mindfulness is the best practice we implement in the field of grief therapy. I am sure this book will help readers see that true authenticity lies within themselves, and I hope it helps them rediscover the joys of life," said guest of honour Minu Budhia.

Gastroenterologist Saroj Dubey has penned a book, that in today's age of mental stress and running the rat race, seems to be key to living a fulfilling life. *Rx for Resilience: A Physician's Perspective on Embracing the Present and Discovering Joy and Strength*, is the result of what Dubey terms

"a period of intense grief"; a time in his life when a patient of his passed away, leaving him stricken and forlorn. The book across 13 chapters takes readers through the strength found in embracing life's darkest moments and reviewing them as opportunities for personal growth. Dubey's work poses critical questions on life's unpredictability and urges



The panel discussion touched upon themes of grief, trauma, healing and the importance of mindfulness and meditation in today's hectic life.

readers to mentally remain in their present by navigating turbulent times with well-being practices like mindfulness and meditation. *Rx for Resilience* essentially offers readers a roadmap to joy, fortitude, self-discovery, and the gift of the present by showing them that true empowerment lies in embracing their authentic selves in the face of life's challenges.

The book was launched at Oxford Bookstore, Park Street, on June 20 and was marked by a panel discussion featuring the author and other personalities in the field of psychiatry, paediatrics,

medicine, and counselling. Moderated by culturalist and founder of Open Doors Event Management, Oindrilla Dutt, the session also saw the presence of guest of honour Minu Budhia, psychotherapist and author, who spoke eloquently on the benefits of counselling and therapy. The panel itself, which included psychiatrist Rima Mukherji, paediatrician Drishti Kothari, professor at the department of paediatrics, Vivekananda Institute of Medical Sciences, Sumita Basu, and clinical psychologist Indira Roy Mandal, touched upon the

author's decisions to write the book, his experiences with grief and loss, the importance of practising mindfulness and meditation, and the overarching question of how to be happy. The event concluded with a question and answer session, wherein the audience had the opportunity to share their own experiences and reflections on life.

"Consciously or unconsciously, we have all faced our deepest demons, shadows, and wounds in various stages of our life. And we have all emerged more resilient from these struggles. The transformational and healing power of grief is very profound, and one thing I am sure we will all agree with is the fact that we as a society are never taught how to deal with grief. We always try to fix how we feel but we do not know how to do it the right way. We try to suppress and bury our emotions instead. The truth is that if you sit with your discomfort in stillness and peace long enough, it will one day inevitably lead to great transformation. That is the power of the present," Dr Dubey said in the course of the session.

**Subhalakshmi Dey**  
Pictures: B Halder