



# Building Emotional Resilience

...The Way Forward

## Dr. Avdesh Sharma



Award Winning Consultant Well-Being Psychiatrist,  
Well Known TV & Media Expert on Mental Health.

D.P.M., M.D. (Psychiatry, Gold Medalist)(NIMHANS), International Lead on Public Education for the World Psychiatric Association (WPA); International Distinguished Fellow of American Psychiatric Association Past President of Indian Association of Private Psychiatry. Gem of India, Rashtriya Gaurav Awards & Health Oscar of India Awardee, associated with Brahmakumaris for the past 28 years.

Register Here: [bit.do/mindovermatter2](http://bit.do/mindovermatter2)

REGISTRATION is required ONLY ONCE for the series.

**Date : 26th July, 2020 (Sunday) Time: 4:30 PM IST**

**LIVE**



<http://www.youtube.com/c/MindOverMatterSeriesNSSGGGSIPU>  
or [bit.do/mindovermatterNSS](http://bit.do/mindovermatterNSS)

## Gracing the Occasion

**Chief Patron**



Prof.(Dr.) Mahesh Verma  
Padmashree Awardee,  
Vice Chancellor, GGSIPU

**Patron**



Sh Ravi Dadhich  
Registrar, GGSIPU



Prof. Samrat Mukhopadhyay  
Assoc. Professor, IIT Delhi  
Co-ordinator, NSS, IIT Delhi



Sister BK Kamala  
Rajyoga Education and Research Foundation  
Delhi



Prof. BVR Reddy  
Professor, USICT  
Co-ordinator, NSS Cell, GGSIPU

## Conveners

Ms. Priyanka Bhutani  
Asst. Professor, USICT  
Programme Officer, NSS Unit - A

Mr. Gaurav Talan  
Asst. Professor, USMS  
Programme Officer, NSS Unit - A

Organized by:  
NSS Cell, GGSIPU in collaboration with NSS, IIT Delhi and  
Rajyoga Education and Research Foundation  
(a sister concern of Brahma Kumaris).



**GGSIU NATIONAL SERVICE SCHEME (NSS) CELL**  
Guru Gobind Singh Indraprastha University  
Sector 16-C, Dwarka, New Delhi – 110078  
Ph. No.011-25302703, Email Id:[nsscell@ipu.ac.in](mailto:nsscell@ipu.ac.in)



F. No. GGSIPU/NSSCELL/2020/359

Dated: 23<sup>rd</sup> July, 2020

## **INVITATION FOR CONCLUDING SESSION OF MIND OVER MATTER SEASON-2**

GGSIU NSS Cell in collaboration with the esteemed NSS, IIT Delhi and RERF cordially invite you to attend the **6<sup>th</sup> enlightening Online session** under the **Mind Over Matter : A Series of Sessions – Part-2** on the topic relevant to everyone's life - **“Building Emotional Resilience...The Way”** by **Dr. Avdesh Sharma**, Award Winning Consultant Well-Being Psychiatrist, Well Known TV & Media Expert on Mental Health, D.P.M., M.D. (Psychiatry, Gold Medalist)(NIMHANS), Former International Lead on Public Education for the World Psychiatric Association(WPA); International Distinguished Fellow of American Psychiatric Association; Past President of Indian Association of Private Psychiatry. Gem of India, Rashtriya Gaurav Awards & Health Oscar of India Awardee, associated with Brahmakumaris for the past 28 years on **Sunday, 26<sup>th</sup> July, 2020, 4.30 pm - 06:30 pm IST** on our **YouTube LIVE channel**, please see below link:

Direct YouTube Link: <https://youtu.be/HxpGpwHliZo>

Mind Over Matter YouTube channel: [www.youtube.com/c/MindOverMatterSeriesNSSGGSIU](http://www.youtube.com/c/MindOverMatterSeriesNSSGGSIU)

The Session will be graced by Prof. (Dr.) Mahesh Verma, Padamshree Awardee, Vice Chancellor, GGSIPU, Sh. Ravi Dadich, Registrar, GGSIPU, Prof. Samrat Mukhopadhyay, Coordinator, NSS, IIT Delhi and Prof. B. V. Ramana Reddy, Professor, USIC&T, Programme Coordinator, NSS Cell, GGSIPU

We are very happy and proud to announce the session on **“Building Emotional Resilience...the Way Forward”** by well known Psychiatrist, TV & Media expert Dr. Avdesh Sharma. This concluding session of the Mind Over Matter, Season-2 is on a topic which sets the way forward for all of us and will be opening paradigms for better ways of living & coping especially in the COVID-19 pandemic times. These series are aimed to help individuals, especially students to develop their inner potential, manage resources of their Mind, and especially to cope with the current challenging situations of the Covid-19 era.

Registration Link: <http://bit.do/mindovermatter2>

Email ID: [mindovermatter@ipu.ac.in](mailto:mindovermatter@ipu.ac.in)

**Best Wishes for Healthy and Happy Times ahead,**  
Team NSS Unit-A, GGSIPU

**Ms. Priyanka Bhutani,**  
Asstt. Professor, USIC&T  
Prog. Officer (NSS Unit-A)  
GGSIU NSS Cell

**Mr. Gaurav Talan**  
Asstt. Professor, USMS  
Prog. Officer (NSS Unit-A)  
GGSIU NSS Cell

**Prof. B.V. Ramana Reddy**  
Professor, USIC&T  
Program Coordinator,  
GGSIU NSS Cell

Copy to:

1. All Deans/Directors/Principals of USS/Affiliated Inst. with the request to inform all the students and staff of their respective School/Institute
2. AR to Hon'ble Vice Chancellor for kind information of Hon'ble Vice Chancellor
3. AR to Registrar for kind information of Hon'ble Vice Chancellor
4. Controller of Finance
5. Head UITs with the request to please upload on the University website