



**Directorate of Students' Welfare**  
**Guru Gobind Singh Indraprastha University**  
Sector-16 C, Dwarka, Delhi-110078 Website: <http://ipu.ac.in>

**Facebook live session on 'Managing Stress in Lockdown--Some Psychological Strategies' by Dr. Aruna Broota**

The world is constantly worried about the idea of life post lockdown. The people are having trouble grasping reality and are nostalgic about the pre lockdown days. In times of coronavirus Covid-19 pandemic and seemingly never-ending lockdown, anxiety is inherent, which can be overcome with positive help to us.

The Directorate of Students' Welfare, GGSIPU, in association with Connect USS, an IP student body, is pleased to present an online series of interactive lectures and talks under the program -- IPU Web Connect. To stay connected with students during the Novel coronavirus Covid 19 pandemic and to guide them on a variety of issues, we have been inviting experts from diverse fields every week to give their views and insights on a variety of issues helpful to our students.

**In this regard, a Facebook live session on 'Managing Stress in Lockdown--Some Psychological Strategies' by Dr. Aruna Broota shall be held at 3:00 pm on May 21, 2020 (Thursday) at <https://facebook.com/ConnectUSS/>. The poster is attached.**

Dr. Broota is a trained psychologist, acclaimed mental health expert, revered people-transformation expert and a highly sought after employee engagement expert with the world's leading schools and colleges. Her talk will be greatly beneficial to students.

All the students of USS and affiliated colleges/institutes are invited to attend the session for their benefit.

Stay Home, Stay Safe.

-sd/-

**(Prof Manpreet Kaur Kang)**  
**Director**

Copy to:

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

-sd/-

**(Rajesh Sharma)**  
**Assistant Registrar**

FACEBOOK LIVE

on May 21, 2020

3:00 PM onwards

# IPU WEB CONNECT

by  
Directorate of Students  
Welfare  
Guru Gobind Singh  
Indraprastha University



CONNECTUSS

online session and  
personal interaction with

**DR. ARUNA BROOTA**



Trained psychologist,  
acclaimed mental health  
expert, revered people-  
transformation expert and a  
highly sought after employee  
engagement expert with  
world's leading, schools,  
colleges

*Topic*

**Managing Stress in  
Lockdown - Some  
Psychological Strategies**

JOIN THE SESSION AT

<https://m.facebook.com/ConnectUSS/>

FACULTY COORDINATOR -  
DR. VANDANA SINGH