



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

INVITATION

Facebook Live Session "Relationships & Mental Health" by Dr. Maneesh Gupta at 03.00 PM on August 01, 2020 (Saturday).

Healthy relationships serve as a buffer to help the students ward off both physical and mental health conditions. On the other hand, it's well recognized that relationship stress in the students can negatively affect and make the condition worse.

The Directorate of Students' Welfare in association with Connect USS is pleased to present an online session at 03.00 PM on August 01, 2020 (Saturday) at <https://facebook.com/ConnectUSS/> "Relationships & Mental Health" by Dr. Maneesh Gupta, Psychiatrist, Psychotherapist. Dr. Maneesh Gupta is MD (Gold Medalist), DNB Psychiatry and CST (Adult Psychiatry) from London.

The IPU Web Connect Series is an initiative to reach out to the students and to stay connected with them during the Covid-19 Corona virus pandemic and to give them useful information for stress reduction and relaxation in the safety of their homes.

All the students of USS and affiliated colleges/institutes are invited to attend the session and have an opportunity to personally interact with Dr. Maneesh Gupta. The poster is attached.

Stay Home, Stay Safe.


(Dr. Anjali Shokeen)
Associate Director, SW

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 Registrar
5. Head UITS with the request to please upload on the University website.


(Rajesh Sharma)
Assistant Registrar



DIRECTORATE OF STUDENTS' WELFARE
GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

CONNECTUSS

&
ConnectUSS

Present

IPU WEB
CONNECT


RELATIONSHIPS & MENTAL HEALTH

AUGUST 1 | 3 PM
SATURDAY

DR. MANEESH GUPTA

Psychiatrist , Psychotherapist
MD (Gold Medalist)
DNB PSYCHIATRY
CST (Adult Psychiatry) London



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

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