



GGSIPIU COVID Task Force

Guru Gobind Singh Indraprastha University

Sector-16C, Dwarka, Delhi-110078 Website: <http://www.ipu.ac.in>

INVITATION

Anxiety, fear, and stress are normal responses to perceived or real threats, and at times when we are faced with such a pandemic situation, it is quite normal that many of us are experiencing fear or stress due to this. It can seem that COVID-19 has made our world very small. But may be it is also an opportunity to widen your horizon. Rather than letting COVID-19 make those walls around you close in, take the chance to broaden your horizons and widen your world.

The GGSIPU COVID Task Force is pleased to present an online session from **3.00 PM** onwards on **June 25th, 2021 (Friday)** on **“Mental Health Awareness Wellness Programme / Counselling Session on Stress Management”**, by Dr. Rachna Khanna Singh. She is an acclaimed Mental Wellness, Lifestyle, and Relationship expert who has been practicing for over 20 years. She is the HOD of Holistic Medicine at Artemis Hospital, Gurgaon and also the Founder Director of The Mind and Wellness Studio. Dr. Rachna is routinely featured in the media. She is a columnist for TOI and has a radio show on 104.8 FM.

Task Force 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 the useful information for stress reduction and relaxation in the safety of their homes. All the students of University School of Studies (USS) and Affiliated Colleges/institutes are invited to attend the online session and have an opportunity to personally interact with Prof. (Dr.) Saroj Vayas. The post is attached. Stay Home, Stay Safe.

Date & Time:– 25th JUNE, 2021 (Friday) - 3.00 PM onwards

Meeting Number: 158 008 0317

Meeting Link:

<https://ggsipu.webex.com/ggsipu/j.php?MTID=m748c81c064e59909d24e351ad006a735>

Password: Code: 1234

-Sd-

(Prof Vijita S. Aggarwal)

Director, International Affairs

Member, GGSIPU COVID Task Force

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. Director, DSW
3. AR to Hon'ble Vice Chancellor for kind information of Hon'ble Vice Chancellor, GGSIPU
4. AR to Registrar for kind information of Registrar, GGSIPU
5. Head UITS with the request to please upload on the University website.