

OBJECTIVES

COVID-19 brings significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health. The objective of holding this webinar is to disseminate information with respect to issues of stress management & mental wellbeing and find out means of way forward through sharing learning. These are extraordinary times and by holding such webinars, the process of knowledge gathering, sharing of information and brain storming, keeps getting due momentum and importance.

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REGISTRATION LINK

IT support is being provided by the INVERTIS University.
Kindly register via following Google form Link:

<https://forms.gle/bnFZ8qSE9NCwJtEz7>

SPEAKER'S PROFILE



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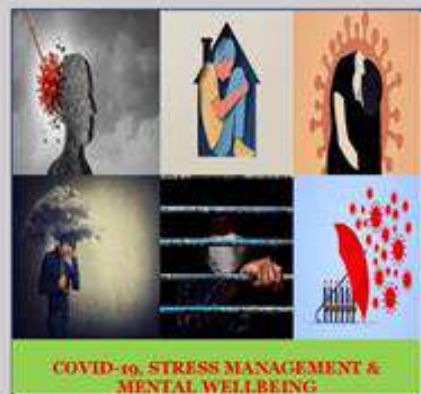
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WEBINAR ON

**"COVID-19, STRESS MANAGEMENT & MENTAL
WELLBEING"**

30th JULY, 2020

1000 HRS. TO 1320 HRS.



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