



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

F.No.GGSIPU/DSW/Misc./2021/4178

Dated: 04.01.2021

**NOTICE**


The Directorate of Students' Welfare is pleased to present an online session on Google Meet at 03.00 PM on 07<sup>th</sup> January 2021 (Thursday) on the topic **Mental Fitness** under the aegis of 'Fit India Movement'. The session shall be presented by Dr. Maneesh Gupta, MD (Gold Medallist), DNB Psychiatry and CST (Adult Psychiatry).

All the Faculty, Staff and Students of the University and Affiliated Institutes are requested to attend the aforesaid session and have an opportunity to personally interact with Dr. Maneesh Gupta as per schedule. The Google Meet link for the session is <http://meet.google.com/cte-iouj-qik>. The schedule of the programme is attached.

  
(Prof. Manpreet Kang)  
Director, Students' Welfare

**Copy to:**

- (1) All Deans (USS)/Director/Principal, Affiliated Institutes - with a request to circulate this notice to faculty, staff and student.
- (2) Assistant Registrar to Vice Chancellor for information of the Hon'ble Vice Chancellor.
- (3) Assistant Registrar to Registrar for information of the Registrar.
- (4) Notice Board.
- (5) In-Charge, Sever Room – with a request to upload the notice on the University website.
- (6) Guard File.

  
(Rajesh Sharma)  
Assistant Registrar, SW



DIRECTORATE OF STUDENTS' WELFARE  
GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

Presents

**FIT INDIA  
CAMPAIGN**

# MENTAL FITNESS TIPS & TRICKS

**JANUARY 7 | 3 PM  
THURSDAY**

**DR. MANEESH GUPTA**

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



 [meet.google.com/cte-iouj-qik](https://meet.google.com/cte-iouj-qik)

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