



GGSIPIU COVID Task Force
Guru Gobind Singh Indraprastha University
Sector-16 C, 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. Faced with new realities of losing near and dear ones, online learning, 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 GGSIPU COVID Task Force is pleased to present an online session at 03.00 PM on May 29, 2021 (Saturday) at <https://ggsipu.webex.com/meet/shilpajain> on “Strategies for Stress Management-Combating Covid 19” by

Dr. Shilpa Jain, Assistant Professor, University School of Management Studies, Guru Gobind Singh Indraprastha University. Dr Shilpa Jain is PhD (Organizational Behaviour), M.Sc. (Applied Psychology) Coordinator of Behaviour Testing & Training Lab in the University. She has more than 20 years of experience in Behavior Testing, Training and Counselling. The GGSIPU COVID Task Force is an initiative to reach out to the students and to stay connected with them during the Covid 19 Coronavirus 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 Shilpa Jain. The poster is attached.

Stay Home, Stay Safe.

-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
4. AR to Registrar for kind information of Registrar
5. Head UITS with the request to please upload on the University website.