



GGSIPIU NATIONAL SERVICE SCHEME (NSS) CELL

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NOTICE

ONLINE “Mind Over Matter” Sessions and Counselling Services for GGSIPU students

Since present times of the widespread COVID-19 pandemic are quite challenging times for students who are facing many issues at the same time-anxiety over uncertainty about future career prospects,loneliness,digitaladdiction,depression,etc.This time is testing everyone's patience, abilities, bonding and inner stability apart from the physical immunity and other factors.

Considering the above, NSS@GGSIPU will be providing online services to develop inner potential and manage the resources of our Mind through a series of ONLINE sessions(twice weekly Every Wednesday and Saturday, 4pm- 5pm, starting Wednesday 15th April,2020 till 6 weeks) and counselling services(on need basis) under the theme “**Mind Over Matter**”. The topics for sessions will be related to managing mind in current scenarios like Anxiety management, sleep management, handling loneliness, etc; And also range from many more interesting and useful topics for students related to Memory enhancement for academics, Stress management, Positive Lifestyle, etc. These will be conducted by Clinical Psychologists,Experienced Counselling Experts,Mind Trainers,Motivational speakers, Meditation practitioner, etc.

To register and get the Online Session details/Link on your email ID, please fill following google form <https://forms.gle/ZX2vQdBwDhMu2KSw5> OR email us on: nssunitAipu@gmail.com with your following details-

1. E-Mail ID
2. Name
3. Enrolment No.
4. Department
5. Course
6. Mobile No.

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