



Training & Placement Office

SP Learning Initiative for Career Enhancement (SPLICE) 2020

Training & Placement Office of SPCE, is organizing an online webinar on **"Looking after Your Mental Health during COVID-19 Lockdown"** on **13th May 2020 at 4.00 pm** as a part of **SP Learning Initiative for Career Enhancement (SPLICE) 2020**.

As we enter into the seventh week of lockdown to combat the spread of the novel coronavirus (COVID-19), many students are experiencing heightened feelings of uncertainty, unrest and loneliness. This session intends to suggest some pointers to help students to survive through spiraling negative thoughts about this uncertain time.

What to expect from this session?

- | | |
|---|---------------------------------------|
| ✚ Understanding stress and anxiety | ✚ Combating stress and anxiety |
| ✚ Types and symptoms of stress | ✚ The mantras for sound mental health |
| ✚ Effects of COVID-19 crisis on mental health | ✚ Mind tools and NLP Techniques |

This webinar will be conducted by **Mrs. Priya Sawant**.



Mrs. Priya is a **Positive Psychology Practitioner**. She holds **Master's** degrees in **Chemistry, Industrial Psychology** and **Clinical Psychology**. She is an alumnus of **Department of Management Studies, IIT Delhi**.

She has worked as **Research Scientist** at **Enar Chemicals**, Mumbai and later at **Raptakos & Brett Ltd., Mumbai**. Currently she works as a free-lance **International Transformational Success Coach**.

Mrs. Priya has been felicitated with many National and International awards. She was invited as a speaker and was felicitated at **Women Entrepreneurship Forum** at **Florida, USA** in March 2019 and at **British Parliament, Westminster, UK** in June 2019. She has conducted numerous workshops in many prestigious educational/ corporate/ government organizations like, Delhi University Colleges, IIT Delhi, Air India, Poddar International School, Indian Institutes of Company Secretaries, Garware Group of Companies, and many more.

To attend this webinar, the participants need to **first register** at <https://forms.gle/sDAwE3HYzWigXFm1A> before **11.00 am on 13th May 2020**.

The invitation to join this webinar will be shared with only first 200 participants on the first-come-first-serve basis, due to the limitation on the number of participants in **Google Meet** platform.

Dr. Rahul T. Dahatonde
Training & Placement Officer