



# Govt. Holkar (Model, Autonomous) Science College, Indore, M.P [INDIA] Grade "A" Accredited by NAAC

## Webinar on

## "Mental Health and Covid 19"

Organized by Yuva Red Cross Society and Women Empowerment Cell

Date: 21<sup>st</sup> July 2020

Platform: Zoom Meeting App

Last date for registration: 19<sup>th</sup> July 2020 till 5.00 PM

Link for Registration: <https://forms.gle/FXCNpEf9rATaErEM6>

Time : 11.30 AM- 2.00 PM

e- certificate will be given to registered participants.



### Co-ordinator

Dr. Poonam Bhatnagar  
Women Empowerment Cell

### Patron

Dr. Suresh T. Silawat  
Additional Director, Higher Education, Indore Division &  
Principal

### Convener

Dr. Angurbala Bafna  
Yuva red Cross Society

# INVITED SPEAKERS



**Speaker 1 - Dr. Ashok Jain**

Retired Professor of Psychology

Shri Atal Bihari Vajpayee Govt. Arts and Commerce College,  
Indore

**Topic: Managing stress during corona crisis**



**Speaker 2 – Dr. Sandeep Atre**

‘Emotional & Social Intelligence’ Expert

Author of two books- “ Understanding Emotions Logically”  
and “Observing Nonverbal Behaviour”

Founder- Socialigence & CH EdgeMakers

**Topic: Emotional well being during corona crisis**

## Organizing Committee

Dr. Anamika Jain

Dr. Preeti Chaturvedi

Dr. Tausheeh Abbasi

Dr. Pratibha Mujumdar

Dr. Pramila Kori

Dr. Seemavati Sisodiya

## Technical Support

Dr. Netram Kaurav

Prof. Tasneem Rangwala

Prof. Sheetal Uikey