



Banaras Hindu University

Covid-19 Task Force for Mental Health & Well being



Webinar Series..
'HAPPY LIVING'



क्या आप
service
में है।

क्या आप
खुश है।

आगे बढ़
रहे हैं?

How good is your Mental Health & Well-being

जानिए, समझिये और बेहतर बनाने का प्रयास करें

1. Corona काल में अवसाद का खतरा



Prof. Dr. Sanjay Gupta

Stress Management Expert
Coordinator, Stress Management and
Counseling Centre BHU &
President, Global Association
of Positive Psychiatry &
Chairman of Task Force

Tips by Expert

Teachers &
Employees
Special

-----RSVP----- Email: bhucovidtaskforcemh@gmail.com

COVID-19 Task Force Committee. Banaras Hindu University

(Constituted as per University Grants Commission consideration for
Mental Health, Psychosocial Concerns and Well being of Students, Teachers
Staff, Officers and their Family Members)

Spend Quality time...Pre Register NOW . Click this link

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