



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
Sector-16 C, Dwarka, Delhi-110078 Website: <http://www.ipu.ac.in>

INVITATION

Facebook Live Session On "How to Overcome Depression during Covid 19" by Dr. Maneesh Gupta, Psychiatrist and Psychotherapist at 03.30 PM on June 18, 2020 (Thursday).

The entire performance of a student depends on his/her mental health. The spread of pandemic Covid 19 Coronavirus and the subsequent lockdowns may lead to disturbances in the mental health of the students resulting in anxiety disorder, restlessness and a sense of hopelessness about their future.

The Directorate of Students' Welfare, in association with Connect USS, is pleased to present a Facebook Live Session at 03.30 PM on June 18, 2020 (Thursday) at <https://facebook.com/ConnectUSS/> on "**How to Overcome Depression during Covid 19**" by **Dr. Maneesh Gupta, Psychiatrist and Psychotherapist**. Dr Maneesh Gupta is MD (Psychiatry) Gold Medallist, DNB (Psychiatry), CST (Adult Psychiatry) from London.

The IPU Web Connect Series is an initiative to stay connected with the students 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 Maneesh Gupta**. The poster is attached.

Stay Home, Stay Safe.

-Sd-
(Prof Manpreet Kaur Kang)
Director

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. Controller of Finance
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.

-sd-
(Rajesh Sharma)
Assistant Registrar



DIRECTORATE OF STUDENT'S WELFARE
GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

CONNECTUSS

&
ConnectUSS

Presents

IPU WEB
CONNECT

How to overcome **DEPRESSION** **DURING COVID 19**

DR. MANEESH GUPTA

Psychiatrist , Psychotherapist
MD (Gold Medalist)
DNB PSYCHIATRY
CST (Adult Psychiatry) London

JUNE 18 | 3:30 PM

 **LIVE** <https://m.facebook.com/ConnectUSS/>

8587970897 | 8287088934 | doctor@drmaneeshgupta.com

