#### Maharaja Agrasen Institute of Management Studies



(A unit of Maharaja Agrasen Technical Education Society)
Affiliated to GGSIP University; Recognized u/s 2(f) of UGC
Recognized by Bar Council of India; ISO 9001:2015 Certified Institution
Maharaja Agrasen Chowk, Sector-22, Rohini, Delhi-110086, India

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#### Report

# One day workshop on "Mental Wellbeing-Need of hour" for Non-Teaching Staff

September 14, 2021

The COVID-19 pandemic has had severe and far-reaching repercussions for health systems, economies and societies. Countless people have died, or lost their livelihoods, families and communities have been strained and separated, children and young people have missed out on learning and socializing, businesses have gone bankrupt and so on. As people grapple with these health, social and economic impacts, mental health has been widely affected. Plenty of us became more anxious; but for some COVID-19 has sparked or amplified much more serious mental health problems.

Amidst such crisis, Maharaja Agrasen Institute of Management Studies organized a workshop on "Mental Wellbeing-Need of Hour?" for its non-teaching staff members. The workshop was conducted on September 14, 2021 in the institute campus.

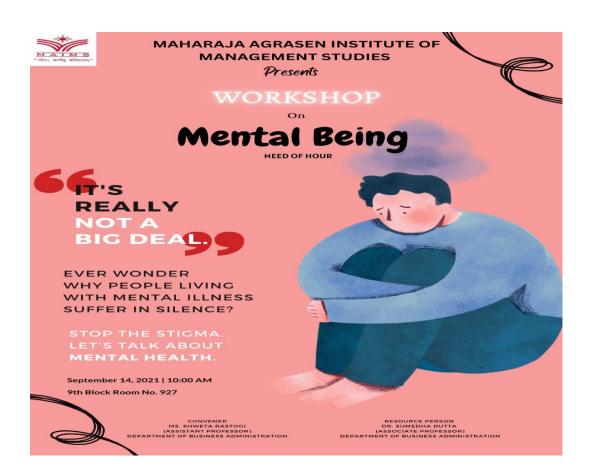
The workshop was conducted by Dr. Sumedha Dutta, Assistant Professor, Department of Business Administration. She highlighted that the COVID-19 pandemic, has made strengthening mental health systems more urgent all over the world. Various mindfulness activities were conducted during the workshop by Dr. Sumedha Dutta and Ms. Shweta Rastogi, Convener of the workshop. The staff members actively participated in this event and appreciated the resource person and convener for their time and patient listening to the concerns and fears of the participants.

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## **CERTIFICATE**

of Participation

proudly presented to

Mr. Pradeep Dalal



for the active participation in the workshop "Mental Wellbeing - The Need Of Hour" conducted by IQAC, Maharaja Agrasen Institute Of Management Studies on September 14, 2021.



PROF. (DR.) VIJAY KR. KHURANA IQAC Coordinator

