



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

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Webinar on 'Mental Health Issues in Women during Covid' in Collaboration with Chetna: The Conscience for Women by Dr. Indu Arneja 7th May, 2020

During this lockdown period Maharaja Agrasen Institute of Management Studies opened its wings to fly through virtual tools. A step ahead in these efforts MAIMS along with 'Chetna, Conscience of Women' organised webinar on 'Managing Stress and Staying Focused in Covid Area' with special reference to women on 7th May, 2020. Speaker Dr. Indu Arneja, psychologist and life coach, Director, Indian Institute of Health Care Communication apprised how confinement to house, fear of Covid and loss of work life balance is taking a toll on mental health especially for women who are overburden with both office and household work. Dr. Arneja also gave some really significant tips to tackle stress during the pandemic.

CHETANA
CONSCIENCE OF WOMEN

Free Webinar Live

IN ASSOCIATION WITH MAHARAJA AGRASEN
INSTITUTE OF MANAGEMENT STUDIES PRESENTS

**MANAGING
STRESS AND
STAYING
FOCUSED IN
COVID ERA**

JOIN US FOR A MENTAL HEALTH WEBINAR
FOR MAHARAJA AGRASEN INSTITUTE
STUDENTS (GGSIP UNIVERSITY)

SPEAKER:
DR. INDU ARNEJA
PSYCHOLOGIST & LIFE COACH

Date: May 7, 2020
Time: 3 PM (IST)
Venue: Zoom

SCAN TO JOIN
WEBINAR

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