

Workshop Name: Exam Stress Management Covid Mental & Emotional Support

Date: 11th May 2021

Resource Person: MS DIPIKA MINJI

The poster features a light blue background with a geometric pattern. At the top center is the logo of Jorhat Kendriya Mahavidyalaya, which includes a globe and the text 'JORHAT KENDRIYA MAHAVIDYALAYA' and 'ESTD. 1981'. Below this, the text 'JORHAT KENDRIYA MAHAVIDYALAYA' is written in large blue letters, followed by 'Affiliated with the Dibrugarh University' and 'An IQAC Initiative' in smaller blue text. Below this is the 'Skilling India' logo, which includes a stylized 'S' and the text 'Skilling India' and 'Nurturing Talent For Beautiful Future An IIT IIM Alumni Venture'. The word 'PRESENTS' is written in green, followed by 'WEBINAR ON' in green. A red rectangular box contains the text 'Exam Stress Management Covid Mental & Emotional Support' in white. Below this, the date and time are given as 'Date : 11th May 2021 | Time : 11:00 AM'. The registration link is provided as 'For Registration : <https://bit.ly/3h9ixjo>'. A circular profile picture of Ms. DiPIKA MINJI is shown, followed by the text 'Speaker' in a green box, 'MS. DIPIKA MINJI' in red, and 'Master in Social Work Loyola College Chennai' in black. Below this, a red box contains the text 'Download the SkillingIndia Android App' and the link '<https://play.google.com/store/apps/details?id=in.skillingindia.learn>'. Another red box contains the text 'Join the Session Here' and the link '<https://learn.skillingindia.in/learn/Examstress>'. At the bottom, two columns of text are shown: 'Dr. Dulen Saikia Principal Jorhat Kendriya Mahavidyalaya' and 'Mr. Pranjal Dutta Coordinator, IQAC Jorhat Kendriya Mahavidyalaya'. A red box at the bottom contains the text 'Check out SkillingIndia courses here - <https://learn.skillingindia.in>'. The text '*T & C Apply' is visible in the bottom right corner.


JORHAT KENDRIYA MAHAVIDYALAYA
Affiliated with the Dibrugarh University
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In Association with
Skilling India
Nurturing Talent For Beautiful Future
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PRESENTS
WEBINAR ON

**Exam Stress Management
Covid Mental & Emotional Support**

Date : 11th May 2021 | Time : 11:00 AM
For Registration : <https://bit.ly/3h9ixjo>

 **Speaker**
MS. DIPIKA MINJI
Master in Social Work
Loyola College Chennai

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Dr. Dulen Saikia
Principal
Jorhat Kendriya Mahavidyalaya

Mr. Pranjal Dutta
Coordinator, IQAC
Jorhat Kendriya Mahavidyalaya

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*T & C Apply

(Covid Mental & Emotional Support)

Dear Learner,

If you or your loved ones are battling COVID or the lockdown and negativity around is bringing you down, we feel the emotional stress you're going through. The constant worry and anxiety takes a toll on the mind.

Replenish your positivity supply. You are not alone. We at **SkillingIndia** and **peakmind** are here to help you make these tough times a bit easier. Call on our **FREE** helpline and talk to one of our emotional coaches. We have helped hundreds till now and it will help you too.



Don't let stress,
fear, and sadness
lock your mind down

— WE'RE HERE FOR YOU —

COVID Mental & Emotional Support

Clinical Psychologists & Counsellors are here to
address your Mental Health and Stress-related issues

Call on our HELPLINE Number:

 **080 4709 2334**

The service is **FREE** of cost and for all



Timings: 10am - 8pm
(Sundays closed)



Languages: Hindi, English

For more details please visit <https://www.peakmind.in>

<https://www.linkedin.com/feed/update/urn:li:activity:679063055927510630>