



# JORHAT KENDRIYA MAHAVIDYALAYA

Affiliated with the Dibrugarh University  
An IQAC Initiative

In Association with



**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 MINJ**

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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## (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>**