

JORHAT KENDRIYA MAHAVIDYALAYA

Affiliated with the Dibrugarh University
An IQAC Initiative

In Association with



PRESENTSWEBINAR 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

Download the SkillingIndia Android App

https://play.google.com/store/apps/details?id=in.skillingindia.learn

Join the Session Here

https://learn.skillingindia.in/learn/Examstress

Dr. Dulen Saikia

Principal Jorhat Kendriya Mahavidyalaya Mr. Pranjal Dutta

Coordinator, IQAC Jorhat Kendriya Mahavidyalaya

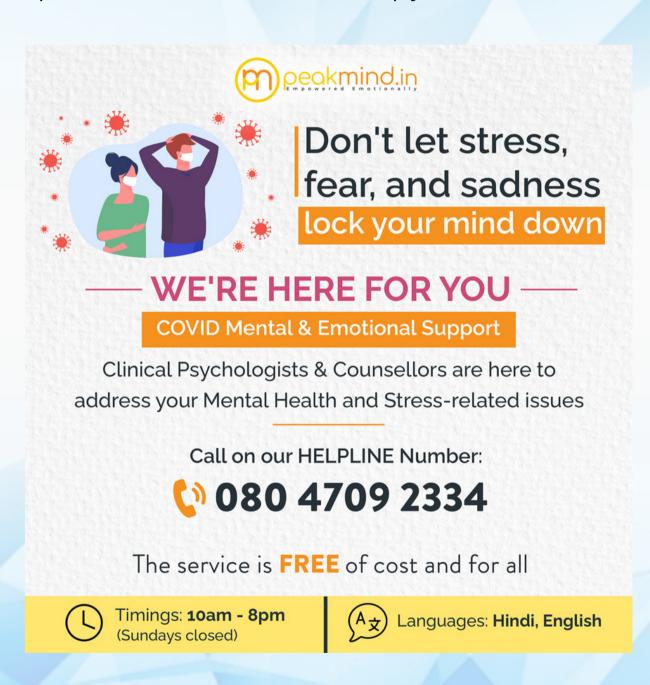
Check out SkillingIndia courses here - https://learn.skillingindia.in

(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.



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

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