

'Psychological Management of COVID Times – Youth Development Perspective'

COVID Times is posing different challenges in the life of youths today. Managing these challenges with a growth-promoting perspective will help them to navigate effectively through the different and changing times.

The Department of Psychology is organizing two-day webinar to facilitate the psychosocial development of the youths.

On Day 1 (30th May 2020) 4 pm to 5 pm

Life Skills to Navigate through COVID times

Dr. Sangeeta Kamath (Psychotherapist and Coordinator of Ruia Counselling Cell) will talk about how youths may navigate through these challenges by developing different Life skills.

On Day 2 (31st May 2020) 4 pm to 5 pm

A Window into The Lives of India's Underprivileged Girls

Ms. Anuradha Suvarna (Senior Manager and Co-ordinator of 'Nanhi Kali', a CSR activity by Mahindra & Mahindra Company) will talk about how Nanhi Kali is helping girls from the underprivileged section to develop resilience and how youths of today can contribute to the above project.

Prior registration is mandatory.

Link for registration:

<https://forms.gle/4FNF4onSMFd7cykf6>

All are cordially invited.

Dr. Sangeeta Kamath

Co-ordinator

Department of Psychology & Ruia Counselling Cell