

# COUNSELLING SERVICES @IITGN presents

SATURDAY, 17<sup>TH</sup> OCTOBER 2020  
10:00 AM TO 12:30 NOON

10:00 a.m. Introduction  
10:15 a.m.: Mr. Harsh Gupta  
11:00 a.m.: Dr. Punita Grover  
12:05 p.m.: Ms. Kriti Kapil

## MEANDERING THROUGH THE PANDEMIC

WEBINAR ON MAINTAINING  
WELL-BEING  
& SELF-EFFICACY

### Expert's Perspective



**Dr. Punita Grover**  
GIPS Hospital  
M.R.C. Psych, C.C.S.T (UK)

### Alumni Perspectives



**Mr. Harsh Gupta**  
Head of Products, Wysa  
BTech IITGN (2015)



**Ms. Kriti Kapil**  
Graduate Researcher,  
CMU  
MSc IITGN (2019)

