



**IITGN**  
**Counselling**  
**Services**



The **Counselling Services** presents an **open house** exclusively for the IITGN community on:

# Managing Emotions During Quarantine



**Saturday**  
**March 27th**  
**4:00-5:00pm**

While the pandemic may not be showing signs of subsiding, our resilience and resolve continue to help us conquer unforeseen challenges and circumstances. Many of us have been in quarantine or face the prospect of being quarantined. This elicits a range of feelings from fear to helplessness and anger. Join us and strengthen the community by sharing your experiences and strategies.