



**Online Workshop on
“Mental health and Well-being of Indian Youth after
Prolonged Pandemic”**

(21st May, 2022)



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Topics to be Covered: Stress Management, Building Psychological Capital (Self-efficacy, Optimism, Hope and Resilience), Coping with traumatic events experienced during the pandemic, Post-COVID acclimatization of campus life.

Registration Details:

- There is no fee for participating in the Workshop.
- Prior registration is mandatory. The registration link is as follows:
- <https://forms.gle/S2RU9YhenoGQeaw9A>
- **Google meet link and other instructions will be shared via e-mail to all registered participants**