



Emotions and Our Immune System

Amidst the COVID-19 pandemic, we are currently staring at another epidemic of Emotional & Mental Health Issues globally, which in turn impacts our physical immunity as well. Join us for the most relevant & enlightening session by the expert himself:



Dr. Mohit Gupta

Prof. of Cardiology at GB Pant Hospital and Associated with Brahma Kumaris for more than 33 Years.

21st June, 2020 | 4:30 PM- 6:00 PM IST

Register Here: <http://bit.do/mindovermatter2>



<http://www.youtube.com/c/MindOverMatterSeriesNSSGGSIPU>

Gracing the Occasion



Prof. Samrat Mukhopadhyay
Assoc. Professor, IIT Delhi
Co-ordinator, NSS, IIT Delhi



Prof.(Dr.) Mahesh Verma
Padmashree Awardee,
Vice Chancellor, GGSIPU



Sh Ravi Dadhich
Registrar, GGSIPU



Prof. BVR Reddy
Professor, USICT
Co-ordinator, NSS Cell, GGSIPU

Conveners



Ms. Priyanka Bhutani
Asst. Professor, USICT
Programme Officer, NSS Unit - A



Mr. Gaurav Talan
Asst. Professor, USMS
Programme Officer, NSS Unit - A



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Dated: 20th June, 2020

NOTICE

After the enormous success of *Mind Over Matter series of sessions*, GGSIPU NSS Cell, New Delhi is proud to collaborate with the esteemed NSS, IIT, Delhi and Rajyoga Education and Research Foundation (RERF).

We cordially invite you to the 1st enlightening session on a topic *relevant to everyone's life* in today's times of **Covid-19- "EMOTIONS and Our IMMUNE SYSTEM"** by **Dr. Mohit Gupta, Prof of Cardiology, GB Pant Hospital, New Delhi** on **Sunday, 21st June, 2020, 4:30 pm – 06:00 pm IST YouTube LIVE** on link

https://youtu.be/hrD6iKh_glo

The session will be graced by **Padma Shree Prof.(Dr.) Mahesh Verma, Vice Chancellor, GGSIPU, Prof. Samrat Mukhopadhyay, Prog. Coordinator, NSS, IIT Delhi, Prof. B. V. Ramana Reddy, Prog. Coordinator, NSS, GGSIPU & Sh. Ravi Dadich, Registrar, GGSIPU.**

These series are aimed to help individuals, especially students to develop their inner potential, manage resources of their Mind and especially to cope with the current challenging situations of the Covid-19 era.

Mind Over Matter YouTube channel: www.youtube.com/c/MindOverMatterSeriesNSSGGSIU

Email ID: mindovermatter@ipu.ac.in

Registration Link: <http://bit.do/mindovermatter2>

*Best Wishes for Healthy and Happy Times ahead,
Team NSS Unit-A, GGSIPU*

Ms. Priyanka Bhutani,
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Prog. Officer (NSS Unit-A)
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Prof. B.V. Ramana Reddy
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