



**Directorate of Students Welfare**  
**GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY**

Sector 16-C, Dwarka, Delhi – 110078 Website: <http://ipu.ac.in>

No. GGSIPU/DSW/2021

Dated : 11.06.2021

**NOTICE**

**Sub: Meditation Session on 12<sup>th</sup> June, 2021 by ThereForYou.**

It is informed that the Directorate of Students Welfare, GGSIPU in collaboration with ThereForYou (student-led Non-Profit organization) is organizing a Meditation Session for creating awareness about mental health among the students of GGSIP University as per the following details:

<b>Event</b>	:	Meditation Session
<b>Date &amp; Time</b>	:	12 <sup>th</sup> June, 2021 (Between 06:00 p.m. to 07:00 p.m.)
<b>Venue</b>	:	Virtual (Google Meet)
<b>Speaker</b>	:	Ms. Bhavana Sharma*

Ms. Bhavna Sharma is a renowned Mental Health and Wellbeing Practitioner, Founder of Antahkaran Mental Health Holistic Healing Centre in Gujarat, India. She holds a degree in Masters of Clinical Psychology and certified Psychotherapist.

All the students of University School of Studies and Affiliated Colleges/Institutes are requested to attend the Webinar as per the schedule mentioned above by login into the link given below:

<https://ggsipu.webex.com/ggsipu/j.php?MTID=m3e52be79992586182828f2962ce8d545>

Meeting number: 158 183 5228  
Password: 1234

Sd/-  
(Prof. Manpreet Kaur Kang)  
Director (DSW)

Copy to:

- AR to Hon'ble Vice-Chancellor, GGSIPU
- AR to Registrar, GGSIPU
- I/c UITS – with a request to upload on the University website.
- Guard File

(Neeraj Pant)  
Section Officer (DSW)