



On the occasion of



WORLD  
**MENTAL  
HEALTH DAY**  
OCTOBER 10

**TEAM ADMINISTRATION,  
CHITKARA UNIVERSITY**

Organizes,

**Sessions for the staff on**

- ✓ Coping Strategies for Stress Management
- ✓ Stress Reduction and Relaxation Purpose
- ✓ Emotional Wellness

In collaboration

with

**Department of Nursing, CSHS**

&

**Chitkara School of Psychology and Counseling**

**Resource Persons**

Ms. Kanika Guleria and Ms. Kanu Mahajan, Assistant Professors, Department of Nursing  
Dr. Jotika Judge and Ms. Natalia Mangat, Assistant Professors (CSPC)



Session on Coping Strategies of Stress Management by Ms. Kanika Guleria, Dept of Nursing.

A Practical Session by Ms. Kanu Mahajan Dept of Nursing for Relaxation Techniques to overcome the distress.







Session on Emotional Wellness by Dr. Jotika & Ms Natalia of CSPC



How to manage emotions ...that's what Dr. Jotika & Ms Natalia from CSPC had to share



BE HAPPY  
IN EVERY  
SITUATION  
😊 😊



*Heartfelt Thankyou to  
Dr. Harmeet Kaur & Dr. Anupama Srivastava,  
and the faculty of Department of Nursing &  
CSPC for the sessions..... !!!*

TEAM ADMINISTRATION