



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
Sector-16 C, Dwarka, Delhi-110078 Website: <http://www.ipu.ac.in>

INVITATION

Facebook Live Session On “Jaane Bhi Do Yaaro: Learning The Art of Letting Go For A Stress-Free Life” by Ms Geetanjali Pandit.

Truly effective stress management involves a mix of habits and thought patterns that minimize the stress that one encounters in his or her life and increase the ability to cope with stress. There are several habits that can increase resilience to stress, including meditation, exercise, focusing on the positive, and surrounding yourself with positive and supportive people, to name a few. Cutting out stressors wherever possible is always a good idea. Letting go of our own self-defeating habits is another important strategy. We may not even be aware of all the ways in which we self-sabotage ourselves. Releasing grudges, negative perspectives, toxic relationships, and other vessels of negativity in life may feel difficult at first, but once we start to release our grip, letting go becomes increasingly easier.

The Directorate of Students' Welfare in association with Connect USS is pleased to present an online session at 04.00 PM on June 05, 2020 (Friday) at <https://facebook.com/ConnectUSS/> on “**Jaane Bhi Do Yaaro: Learning The Art of Letting Go For A Stress-Free Life**” by Ms Geetanjali Pandit, Author, Speaker and HR Strategist. Ms. Geetanjali Pandit is an alumnus of XLRI Jamshedpur and Faculty of Law, Delhi University. Her Career in Management spans over 20 years in organizations like East India Hotels, India Today, Indian Express, Zee Media Corporation Ltd. etc. Ms Geetanjali was nominated for the best English Non Fiction at VOW 2018 for her book *Buddha At Work*. She is the recipient of the eMERGE Professional Achiever of the Year award in 2019.


The IPU Web Connect Series is an initiative to reach out to the students and to stay connected with them during the Covid pandemic and to give them useful information in the safety of their homes. All the students of USS and affiliated colleges/institutes are invited to attend the session and have an opportunity to personally interact with **Ms Geetanjali Pandit**. The poster for the event is attached.

Stay Home, Stay Safe.


(Prof Manpreet Kaur Kang)
Director

Copy to:

1. All Deans/Directors/Principals of USS/Affiliated Institutes with the request to inform all the students and faculty members of their respective School/Institute
2. Controller of Finance
3. AR to Hon'ble Vice Chancellor for kind information of Hon'ble Vice Chancellor
4. AR to Registrar for kind information of Hon'ble Vice Chancellor
5. Head UITS with the request to please upload on the University website.


03.06.2020
(Raiesh Sharma)



CONNECTUSS

DIRECTORATE OF STUDENTS' WELFARE

GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

&

CONNECTUSS

present

IPU WEB CONNECT

AN ONLINE SESSION AND
PERSONAL INTERACTION WITH
GEETANJALI PANDIT



"JAANE BHI

DO YAARO"

LEARNING THE ART OF
LETTING GO FOR A
STRESS-FREE LIFE !!

AUTHOR, CHRO, GLOBAL KEYNOTE
& TEDX SPEAKER
ALUM OF XLRI, JAMSHEDPUR;
DELHI UNIVERSITY'S FACULTY OF LAW
& LESLEY UNIVERSITY
AUTHOR OF THE GLOBALLY
ACCLAIMED *BUDDHA AT WORK*

JOIN US ON
5 JUNE ,20'
AT 4:00 P.M.



[HTTPS://WWW.FACEBOOK.COM/CONNECTUSS/](https://www.facebook.com/connectuss/)