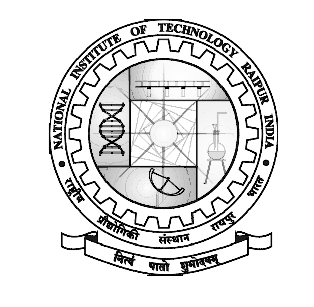
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**NATIONAL INSTITUE OF TECHNOLOGY RAIPUR**

**G.E. Road, Raipur – 492010 (C.G.)**

No./NITRR/ Dean SW/3197 Dated: 19/05/2020

### Health Awareness Lesson (HeAL)-3

### Webinar on "Emotional and Mental Wellness Support of the students during the Covid"

May 29, 2020, Time: 3.00 PM to 5.00 PM

**Convener:** Dr. Prabhat Diwan (Dean SW)

**Coordinator:** Dr. Nitin Jain (Associate Dean SW)

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| **Schedule of Webinar (29-05-2020)** | |
| Introduction of Webinar by Dr. P. Diwan (Dean SW, NIT Raipur)  (03.00 PM to 3.05 PM) | |
| Inaugural Address by Dr. A. M. Rawani (Director, NIT Raipur)  (3.05 PM to 3.15 PM) | |
| Session-1 by Dr. Ajit Varvandkar (Expert Counselor)  on  "The Good out of Covid"  (3.15 PM to 4.00 PM) | |
| Session-2 by Dr. VikalpWasnik, MBBS, MD (Psychiatry)  on  "No Need to Panic during Covid"  (4.00 PM to 4.30 PM) | |
| Session-3 by Dr. Hina Chawda (Counselor, NIT Raipur)  on  "Emotional Stability during Covid"  &  Valedictory of Webinar  (4.30 PM to 5.00 PM) | |
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Dr. P Diwan

Dean SW, NIT Raipur