

Webinar



## Creating Healing Spaces

A workshop on mental well-being during the pandemic for  
**high school students**

Tuesday, 25 May 2021 | 6:00 - 7:00 PM

Ashoka University invites high school students to an exclusive workshop on '**Creating healing spaces**' with **Dr. Arvinder Singh**, Director, Ashoka Centre for Well-Being.

In this session Dr. Singh will address the below aspects:

- School closures and isolated learning
- Postponement of exams
- Loss of loved ones
- Resilience and motivation in times of uncertainty
- Empathy and kindness amidst difficulties

**Register here**

*\*No registration fee.*



**SPEAKER**

**Dr. Arvinder Singh**

Director, Ashoka Centre for Well-Being

**PLEASE CLICK ON THE LINK GIVEN BELOW TO REGISTER :**

[https://zoom.us/webinar/register/8316215338500/WN\\_A\\_jxTmt5S8ixnRmHEPRvFQ](https://zoom.us/webinar/register/8316215338500/WN_A_jxTmt5S8ixnRmHEPRvFQ)