



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

## **INVITATION**

A positive attitude is what spurs people into action. Being a positive person means being capable of planning, of taking action, of remedying things that do not work. Opposed to that is a negative attitude – the type of thinking that prevents one from getting involved, from taking action, from finding solutions to the things that make one feel unhappy. Discover what makes you happy.

The Directorate of Students' Welfare in association with Connect USS is pleased to present an online session at 03.00 PM on July 03, 2020 (Friday) at <https://facebook.com/ConnectUSS/> on “ Positivity Through Elementary Self Hypnosis” by Dr. Shilpa Jain, Assistant Professor, University School of Management Studies, Guru Gobind Singh Indraprastha University. Dr Arpit is PhD (Organizational Behaviour), M. Sc. (Applied Psychology) Coordinator of Behaviour Testing & Training Lab in the University.

The IPU Web Connect Series is an initiative to reach out to the students and to stay connected with them during the Covid 19 Coronavirus pandemic and to give them useful information for stress reduction and relaxation 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 **Dr Shilpa Jain**. The poster is attached.

Stay Home, Stay Safe.

-Sd-  
**(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 Registrar
5. Head UITS with the request to please upload on the University website.

-sd-  
**(Rajesh Sharma)**  
**Assistant Registrar**



DIRECTORATE OF STUDENTS' WELFARE  
GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

CONNECTUSS

&  
**ConnectUSS**

Present

**IPU** WEB  
CONNECT

POSITIVITY THROUGH  
**ELEMENTARY  
SELF-HYPNOSIS**

**Dr Shilpa Jain**

ASSISTANT PROFESSOR ,USMS  
(GURU GOBIND SINGH INDRAPRASTHA UNIVERISTY)

Ph.D. (Organizational Behavior)

M.Sc (Applied Psychology)

Started Behavior Testing  
and Training Lab in the University

**JULY 3 | 3:00 PM**

 **LIVE** <https://m.facebook.com/ConnectUSS/>

