



Directorate of Students' Welfare

Guru Gobind Singh Indraprastha University

(A State University established by the Government of NCT of Delhi)

Sector 16-C, Dwarka, New Delhi 110 078

F.NO. 36(01)(11)/DSW/2024/796

Date: 05.12.2025

CIRCULAR

All the Students and Faculty of GGSIPU University are hereby informed that the Delhi Teachers University, in collaboration with Mansik Shakti Foundation, is organizing an Online Course on "Optimizing Mental Well-being" exclusively designed to enhance mental resilience and emotional well-being for teachers and students (copy attached).

The programme is scheduled as under:

Date: 7th December 2025 (Sunday)

Time: 01:00 PM to 07:00 PM

Mode: Online

Registration

Link: <https://docs.google.com/forms/d/e/1FAIpQLSfgFtDYB5zsO2vU7oewabyiwPLvyWpNPebjWTW2B1KacHRvw/viewform?usp=header>

Joining Link: www.mansikshakti.in

The Student and Faculty Members who wants to avail the above opportunity may **register themselves through the link given above or attached QR Code.**

All Deans/ Directors of USS/Center and Principals/Directors of Affiliated Institutes are requested to kindly disseminate the above information amongst all students and faculty members of their respective USS/ Center and Affiliated Institutes.


(Prof. Manpreet Kaur Kang)
Director, Students' Welfare

Copy to:

1. All Deans/Directors of USS/Centre
2. All Principals/Directors of Affiliated Institution
3. Project Director, UITS- with the request to kindly upload the Circular on the University Website under the link of Directorate of Students' Welfare
4. AR to VC for kind information of the Hon'ble Vice Chancellor
5. AR to Registrar for kind information of the Registrar.
6. Guard file.


(Surinder Singh)
Section Officer, SW



ACADEMIC PARTNER
DELHI TEACHER UNIVERSITY
Optimising mental well-being
ONLINE COURSE

for students and faculties

The Course on Mental Well-Being for Students is a structured, evidence-based program designed to promote psychological resilience, emotional regulation, adaptive coping, and healthy functioning among students and young adults.

7th December, 2025 Sunday
1 PM to 7 PM

JOIN ON www.mansikshakti.in

Chief Guest:

Prof Anu Singh Lather

Vice-Chancellor, Delhi teachers University

Faculties:

Prof. (Dr.) Manushree Gupta, Professor of Psychiatry, Safdarjung Hospital & VMMC, New Delhi;

Prof. Dr. Pankaj Kumar, Professor, All India Institute of Medical Sciences (AIIMS), Patna;

Dr. Kuwar Vaibhav, Associate Professor of Psychiatry, Ayodhya Medical College, Uttar Pradesh;

Prof. (Dr.) Bhavuk Garg, Professor of Psychiatry, Lady Harding Medical College, New Delhi, Ministry of Health & Family Welfare, Government of India;

Prof. (Dr.) Mina Chandra, Professor of Psychiatry Dr. Ram Manohar Lohia Hospital, New Delhi



Convenor

DR Sanjeev Rai
Registrar
Delhi Teachers University

Dr. Amresh Shrivastava,
Psychiatrist and Director
Mansik Shakti Foundation

ACADEMIC PARTNER

Delhi Teacher University

Enhancing Mental Wellness

Online Course for students and faculties

Date: 7 December 2025 (Sunday)

Time: 1:00 PM – 7:00 PM

Guest of Honour:

Prof. Anu Singh Lather

Vice-Chancellor, Delhi Teachers University

Join Via:



Registration form:

<https://docs.google.com/forms/d/e/1FAIpQLSfqFtDYB5zsO2vU7oewabyiwPLvyWpNPebjWTW2B1KacHRvrw/viewform?usp=header>

Resource Persons / Faculty

Prof. (Dr.) Manushree Gupta, Professor of Psychiatry, Safdarjung Hospital & VMMC, New Delhi
Prof. (Dr.) Pankaj Kumar, Professor, All India Institute of Medical Sciences (AIIMS), Patna
Dr. Kuwar Vaibhav, Associate Professor of Psychiatry, Ayodhya Medical College, Uttar Pradesh
Prof. (Dr.) Mina Chandra, Professor of Psychiatry, Dr. Ram Manohar Lohia Hospital, New Delhi

Convenors

Dr. Sanjeev Rai

Registrar, Delhi Teachers University

Dr. Amresh Shrivastava

Psychiatrist & Director, Mansik Shakti Foundation