

Webinar & Discussion

Mental Fitness during Covid-19

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The last couple of months have been tough times for everyone. The confinement during the lock-down has reduced interactions with friends and also affected our productivity. While most of us are aware of how to take care of our physical health, how can we keep our minds healthy? How do we overcome the mental stress induced by the restrictions to our activities? The answers to these question and others like these will be addressed in this seminar-discussion by a clinical psychologist.

Tuesday, Jun 2nd 2020

10:00 AM

Auditorium, TIFR-H & Zoom link