



**FACULTY OF DENTISTRY
JAMIA MILLIA ISLAMIA**
Invites you to the
E- LECTURE



**LIVING WITH THE TIMES:
MANAGING MENTAL HEALTH DURING COVID-19**
ON FRIDAY, 11TH JUNE 2021 (3.30 PM- 5.30 PM)



GUEST SPEAKER

DR ASHOK KUMAR JAINER

MBBS, MD (Psychiatry), K.G.M.C, Lucknow, India
MRC Psych, U.K
FRC Psych, U.K
Consultant Psychiatrist, NHS, U.K



CHIEF GUEST

PROF NAJMA AKHTAR

HONORABLE VICE CHANCELLOR, JMI



GUEST SPEAKER

MEENA ARORA

Ex Squadron Leader, Indian Air Force
Author, Clinical Psychologist, Coach,
NLP Trainer



ORGANIZING CHAIRPERSON

PROF SANJAY SINGH

MDS (Maxillofacial Surgery)
DEAN. F/o DENTISTRY, JMI



ORGANIZING SECRETARY

PROF NEETA KUMAR

Professor Incharge
Pathology, F/O Dentistry, JMI



JT. ORGANIZING SEC.

DR HARNEET KAUR

Associate Professor
Orthodontics, F/O Dentistry, JMI

LIVING WITH THE TIMES: MANAGING MENTAL HEALTH DURING COVID-19

MEETING LINK

<https://jamiamilliaislamia.webex.com/jamiamilliaislamia/j.php?MTID=m187b9a039f75cb913a85b1ce8235eb02>

Event number: 184 663 4621

Event password: lwt@1106

**ON FRIDAY, 11TH JUNE 2021;
3.30 PM- 5.30 PM**

THE TALK WILL INCLUDE :

- 1: Mental health issues during COVID 19
- 2: Anxiety & Phobia due to COVID pandemic
- 3: Rising suicide rate and depression during pandemic
- 4: How to enhance coping skills and overcome social isolation.
- 5: How to promote mental health during ongoing corona related negative environment
- 6: Learning to cope with fear and stresses

PROGRAMME SCHEDULE

3.30 PM- 3.31.PM: Welcome of Dignitaries, Speaker and Participants by Jt. Organizing Secretary, *Dr Harneet Kaur*

3.32 PM- 3.35 PM: Recitation of verses from the Holy Q'uran

**3.36 PM- 3.45 PM :Address by the Chief guest Hon'ble Vice Chancellor, JMI,
*Prof. Najma Akhtar***

**3.46 PM- 3.55 PM: Introduction of the speakers by the Dean Faculty Of Dentistry,
*Prof. Sanjay Singh***

3.56 PM- 4.30 PM: Lecture by the Guest speaker, *Dr Ashok Kumar Jainer*

4.31 PM- 4.55 PM: Lecture by the Guest speaker, *Meena Arora*

4.56 PM- 5.25 PM: Q&A Session

5.26 PM- 5.30 PM: Vote of Thanks by Organizing Secretary, *Prof Neeta Kumar*