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MARANALLOOR, TRIVANDRUM
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Post Graduate Department of
English Language & Literature

International Webinar

Mental Well-being:

How to care for yourself during a pandemic

As we steer ourselves through these adverse times, it is important to be suitably equipped to face the unprecedented trials and tribulations caused by the pandemic.

Join us on 22 August, 2020 at 10 a.m. IST
for a session on

"Mental Well-being:

How to care for yourself during a pandemic"

led by Dr Sandhya Isabella Fernandez and
Mr Leny Philip Thomas.

"And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about."

- Haruki Murakami,
"Kafka on the Shore"

OUR RESOURCE SPEAKERS



Dr Sandhya Isabella Fernandez

Registered Clinical Psychologist,
New Zealand Psychologists Board &
Rehabilitation Council of India



Mr Leny Philip Thomas

Registered Psychologist,
New Zealand Psychologists Board



22 August, 2020



10.00 a.m. IST

Platform



Google Meet

Registration link: <https://docs.google.com/forms/d/1f7JWn1IkXIL9LhBumOZje-pPywsE0XOhOptyUKrMrRY/>

Advisory Committee : Dr Jolly Jacob (Principal) | Ms Rani Varghese (HOD)

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