



PANJAB UNIVERSITY, CHANDIGARH

Organizes

Counseling for Health & Wellness

starting from
17th April, 2020

Under the leadership of

Prof. Raj Kumar

Vice Chancellor, Panjab University Chandigarh

If you:

- wish to discuss or ask about issues related to corona virus
- feel restless or stressed during this lockdown
- have academic anxiety and anxious about future
- have doubts about do's and don'ts about hygiene
- are keen to know about dietary needs during this time
- want to plan an activity filled day
- are unable to follow routine

In that case, you can contact our team of Expert Counselors



Call Us or Whatsapp



SN	Expertise	Counselor	Number	Contact Time
1	Emotional Intelligence & Resilience	Mrs. Indu Agrawal	98888-77722	4 pm-5 pm
2	Simple Relaxation and Mind Training Techniques	Mrs. Sonia Agrawal	75892-19853	4 pm-5 pm
3	Self Help Guidance and Support	Prof. Latika Sharma	99881-71707	4 pm-5 pm
4	Physical Fitness	Prof. Gurmeet Singh	98727-23820	4 pm-5 pm
5	Naturopathy	Dr. Rakesh Malik	98712-33666	4 pm-5 pm
6	Yoga	Dr. Neeru Malik	98711-33666	4 pm-5 pm
7	Dietitian	Ms. Ekta	98728-41200	4 pm-5 pm
8	Personality Development, Attitude Building & Lifestyle Management	Ms. Manveen	98769-17941	4 pm-5 pm
9	How to survive in the worst of Crisis	Mr. Navin	70111-20739	4 pm-5 pm
10	Peer Support Group of Students - Those Who Experienced Transformation through Our Self Development Programme	Ms. Suambada Ms. Pariksha Mr. Akshim	98714-69823 99144-05052 88261-50233	4 pm-5 pm

Coordinators

Prof O.P. Katare

Professor

University Institute of Pharmaceutical Sciences

Prof. Nandita Shukla Singh

Professor

Department of Education

Prof. Latika Sharma

Professor

Department of Education

Dr. Parminder Singh Ahluwalia

Director, Sports

Directorate of Sports