

As you are aware that the examination process is going to start in our university soon. This is also a stressful time because all the challenges associated with the Covid-19 guidelines.

To address the issue of stress and the associated examination related stress, BHU COVID 19 Task Force for Mental Health and Well-being is organizing a Webinar using WebEx Platform on **8th July 2021 from 7 p.m. to 8 p.m.** especially for our students. This will be of immense benefit to the students at this time.

We request you to kindly circulate the link being sent along with this email so that maximum majority of your students can derive benefit from this Webinar to reduce the stress, improve their mental health and well-being so as to be fully prepared for the ensuing examinations.

Meeting link:

<https://bhu-meeting.webex.com/bhu-meeting/j.php?MTID=m9cd1eaba78a0bcc45b99c546b3ec8830>

Meeting number: 1584 74 5147

Meeting password: SG123456

Time 7pm-8 pm