



Upcoming: Webinar on Health and Holistic Wellness of Professionals During Covid-19 Crisis

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The graphic features a dark blue background with a yellow triangle in the top right corner. The Anand & Anand logo is in the top left. The main title is 'Health and Holistic Wellness of Professionals during COVID-19 crisis'. A circular portrait of Dr. Perna Kohli is on the left, with her name and title 'Speaker' next to it. The registration link is <https://bit.ly/webinar-registration-zoom>. The registration fee is 'INR 500 only'. The organizer is 'Vidya Intellectual Property Foundation'. The yellow triangle contains the text 'Webinar Saturday, June 6, 2020 11:00 AM IST'. An inset image shows a desk with a laptop displaying 'mentalhealth START THE CONVERSATION', a bottle of hand sanitizer, and a stack of books.

For over the last three months we have been battling with the ghastly Coronavirus and dealing with the many restrictions to prevent ourselves from its spread. Today, as we enter a new phase –Unlock 1.0, determined to resume offices and yet keep the fight up, it is of utmost importance that we give emphasis to our physical and mental wellbeing as we strive to deliver our services with similar efficacy.

In this light, in collaboration with Vidya Intellectual Property Foundation, we are organizing a webinar on Health and Holistic Wellness on Saturday, June 6th at 11:00 am IST, in a bid to help professionals to take a step back and reflect on the new normal lifestyle to be fully productive.

Our Guest Speaker, Dr Perna Kohli, is an acclaimed Clinical Psychologist, public speaker, workshop facilitator, intensive research scholar and a social worker. Dr Kohli is a four-time gold medalist and an awardee of “100 Women Achievers of India” by the President of India.

To register for the session, click here:



https://us02web.zoom.us/webinar/register/WN_zgBDpSGTSxaZswlXn5ajig

For payment details, click

here: <https://www.anandandanand.com/wp-content/uploads/2020/06/Webinar-Registration.pdf>

