



**MANAGEMENT EDUCATION AND RESEARCH INSTITUTE**

53-54 Institutional Area, Janakpuri New Delhi -110058

(Affiliated to GGSIP University, New Delhi)

||NAAC Accredited & A+ grade institute by GGSIPU & Delhi Govt.||

Ref.: Dean/MBA/Notice/2024/12

Date: 17/08/2024

**NOTICE**

The Department of Management, MERI College, is pleased to announce an inspiring seminar on the **"Importance of Psychological Well-Being for Youth: Courage, Resilience, and Success."** We are honored to welcome Ms. Anu Aggarwal, a renowned film star, TEDx speaker, yoga expert, and mindful wellness coach, as the Chief Guest for the event.

This seminar will focus on the essential role of mental well-being in achieving personal and professional success. It will highlight the power of courage, resilience, and mindfulness in overcoming challenges and thriving in today's fast-paced world. All students are encouraged to attend this enlightening session and gain insights into developing a strong and positive mindset.

**Event Details:**

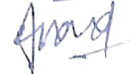
**Time:** 10.00 AM Onwards

**Date:** 21.08.24

**Venue:** MERI College Auditorium

**Faculty Co-Ordinator(s)**

Dr. Gurpreet Kaur Chabra, Associate Professor 

Dr Anand Nandwani, Associate Professor 



**Prof. (Dr. Deepshikha Kalra**  
**Dean MERI**

**CC:**

All Notice Boards

DM Team: For website upload

All Faculty Members and Staff: For information please

HOD-(JMC): For information please

HOD-(HR): For information please

HOD-(IT): For information please

CFO: For information please

Vice President: For information please