

# CBSE Health and Wellness Series : BUILDING HOPE AND RESILIENCE

CBSE announces the second webinar titled "Building Hope and Resilience" under the CBSE Health & Wellness series for students, teachers and parents aimed at providing psycho social support during the pandemic.

Join us on Thursday, the 20<sup>th</sup> of May , 2021 at 4 pm at the Link given below :

[https://youtu.be/8lfk5Br\\_gg](https://youtu.be/8lfk5Br_gg)

**CBSE**  
**HEALTH & WELLNESS SERIES**

**LIVE WEBINAR ON THE THEME**  
**BUILDING HOPE AND RESILIENCE**

**FACILITATOR**  
**MRS. RAMA SHARMA**  
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CENTRAL BOARD OF SECONDARY EDUCATION

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**DR. JITENDRA NAGPAL**  
SENIOR CONSULTANT PSYCHIATRIST & IN-CHARGE  
INSTITUTE OF MENTAL HEALTH  
& LIFE SKILLS PROMOTION, MOOLCHAND MEDICITY

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DPS NACHARAM  
SECUNDERABAD

**20<sup>th</sup> MAY 2021**  
**TIME : 4:00 PM - 5:30 PM IST**

**KINDLY JOIN US ON**  
**[https://youtu.be/8lfk5Br\\_gg](https://youtu.be/8lfk5Br_gg)**