



CHILDREN'S EDUCATION SOCIETY (Regd.)

THE OXFORD COLLEGE OF BUSINESS MANAGEMENT (TOCBM)



(Recognised by the Government of Karnataka, Affiliated to Bangalore University, Approved by A.I.C.T.E. New Delhi)

Accredited by NAAC & Certified by IAO No.32, 19th Main, 17th 'B' Main, Sector-4, H.S.R. Layout, Bangalore -560102

TOCBM Counselling Cell

Organises

4-Day Workshop for Students on

“MENTAL WELL-BEING”



Day 1: 18th Tuesday May 2021



10:00 AM to 11:15 AM



Ms. Sharanya Prakash

Masters in Psychology, Certified Trainer at Skilling India

Join:



[Click Here
To Register](#)

Topic: “Mental Wellbeing & Emotional Up Skilling”



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4-Day Workshop for Students on *"MENTAL WELL-BEING"*



Day 1: 18th May 2021

Dr Ali Khwaja

B.Tech (IIT), MIE, MIIE, Ph.D

**Chairman of Banjara Academy,
Counsellor, Columnist**

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11:30 AM to 12:30 PM

Topic: "Positive Mental Attitude"

Join:





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4-Day Workshop for Students on *"MENTAL WELL-BEING"*



Day 2: 19th May 2021

Dr Uma Warriar

Professor & Area Chair (Research, Training, Consultancy & Projects- OB & HR), CMS B-School, Chief Counsellor, Jain University

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10:30 AM to 11:30 AM

Topic: "Mental well being awareness during unprecedented times"

Join:





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4-Day Workshop for Students on "Mental Well-being"

Program Schedule

Date	Time	Resource Person	Topic
18 th May 2021	10 am to 11:15 am	Ms. Sharanya Prakash	Mental Wellbeing & Emotional Up Skilling
	11:30 am to 12:30 pm	Dr Ali Khwaja	Positive Mental Attitude
19 th May 2021	10:30 am to 11:30 am	Dr. Uma Warriar	Mental well being awareness during unprecedented times
	1:30 pm to 4 pm	TOCBM Faculty Mentors	Mentoring Session for TOCBM Students
20 th May 2021	1:30 pm to 4 pm	TOCBM Faculty Mentors	Mentoring Session for TOCBM Students
21 st May 2021	1:30 pm to 4 pm	TOCBM Faculty Mentors	Mentoring Session for TOCBM Students