In its Centenary Year

Victoria Memorial Hall

cordially invites you to a lecture

Pandemic and Mental Well-Being

by

Anuttama Banerjee

Consultant psychologist, academic mentor, and author

This talk will deal with some very fundamental issues pertaining to our responses to Covid-19, including – but not limited to – the changes and challenges experienced during the pandemic, the anxiety and panic attacks around Covid, its debilitating social and economic impact, the disempowering sense of confinement, and the struggles – especially of women – to negotiate with work and home during the increasing ascendancy of online modes. But, most importantly, it will also offer some critically important advice for staying hopeful and resilient during these extraordinarily challenging times.

Thursday, 11 March 2021, 5.30 pm

Victoria Memorial Hall, Eastern Quadrangle

Entry through East Gate (opp. St Paul’s Cathedral); masks compulsory;
Covid-19 precautionary measures to be followed; parking of vehicles not allowed inside the VMH campus