



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
Sector-16 C, Dwarka, Delhi-110078 Website: <http://ipu.ac.in>

INVITATION

Facebook Live Session on "Effective Mind-Hacks to Jumpstart Your Career in the Covid Age" by Capt. Richik Sinha Roy, at 04.00 PM on July 24, 2020 (Friday).

In the times of Covid-19 Corona Virus pandemic and the subsequent long lockdown and unlock process, what is holding back in career progression of a student? Many students may feel losing track of time because their life is filled with distractions and uncertainty due to the seemingly non ending pandemic. There are so many questions in the mind of students today like what, how and where to start in order to jumpstart their career and improve work method.

The Directorate of Students' Welfare in association with Connect USS is pleased to present an online session at 04.00 PM on July 24, 2020 (Friday) at <https://facebook.com/ConnectUSS/> on "**Effective Mind-Hacks To Jumpstart Your Career In The Covid Age**" by **Capt. Richik Sinha Roy, Co-founder, Ureify. Capt. Roy is an Interview and Soft-Skills Trainer and Meditation Coach.** He is serving Indian Territorial Army and Faculty at Art of Living. He has been awarded with Netaji Subhas Chandra Medal for "Best Officer Cadet".

The IPU Web Connect Series is an initiative to reach out to the students and to stay connected with them during the Covid-19 Coronavirus pandemic and to give them useful information for stress reduction and relaxation in the safety of their homes.

You are requested to inform all the students and faculty of your respective School/College/Institute regarding the session so that they can participate and have an opportunity to personally interact with **Capt. Richik Sinha Roy**. The poster for the session is also attached for circulation.

Stay Home, Stay Safe.


(Dr. Anjali Shokeen)
Associate Director, SW

Copy to:

1. All Deans/Directors/Principals of USS/Affiliated Institutes with the request to inform all the students and faculty members of their respective School/Institute
2. Controller of Finance
3. AR to Hon'ble Vice Chancellor for kind information of Hon'ble Vice Chancellor
4. AR to Registrar for kind information of Registrar
5. Head UITs with the request to please upload on the University website.


(Rajesh Sharma)
Assistant Registrar



DIRECTORATE OF STUDENTS' WELFARE
GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

CONNECTUSS

&
ConnectUSS
Present

IPU WEB
CONNECT

EFFECTIVE MIND-HACKS TO
**JUMPSTART YOUR
CAREER IN THE
COVID AGE**

JULY 24 | 4:00 PM

CAPT RICHIK ROY

Co-founder -Ureify

INTERVIEW AND SOFT-SKILLS TRAINER

MEDITATION COACH

serving Indian Territorial Army

Faculty - Art of Living

Awarded with Netaji Subhash Chandra
Medal for "Best Officer Cadet" medal



LIVE

<https://m.facebook.com/ConnectUSS/>