



Ananya- The Women Development Cell  
&  
Short Term Courses and Employability Committee



Maitreyi College  
(Accredited 'A++' by NAAC)  
University Of Delhi

*In Collaboration With*

Sleepwell Foundation



**Sleepwell**  
Foundation

Present a Short Term Course on  
**EMOTIONAL WELLNESS AND FIRST AID**

**Registration Link:**



**ABOUT THE COURSE :**

This course focuses on promoting mental health awareness and equipping participants with essential skills to manage emotional challenges effectively. Designed for practical learning, the course aims to foster emotional intelligence, empowering students to navigate personal and interpersonal challenges.

Sleepwell Foundation (SWF), the CSR arm of Sheela Foam Ltd, is a registered 'Not for Profit' organization. SWF has been actively working in the areas of Emotional Wellness and Skill Development through its innovative and dynamic programmes across India.

**ORGANIZING TEAM**



**Chair & Patron:**

**Prof. Haritma Chopra**

Principal,  
Maitreyi College

**Convenor:**

**Prof. Ramesh Kumari**

Department of Chemistry,  
Maitreyi College

**Coordinator:**

**Dr. Neelima Ohri**

Department of Mathematics,  
Maitreyi College

**Organizing committee:**

Members of Women  
Development Cell & Short  
Term Courses and  
Employability Committee

**ABOUT THE TRAINERS :**

**Ms. Neelam Agarwal**

An experienced counselor and volunteer with Sanjivini Society for Mental Health, Ms. Neelam specializes in addressing interpersonal issues, anxiety, depression, trauma, and more.

**Ms. Parmeet Kaur Manchanda**

A certified counseling psychologist and NLP practitioner, Ms. Parmeet has worked extensively with Sanjivini Society for Mental Health, focusing on areas like personal development, mental health challenges, and trauma recovery.

**Details:**

Date:  
Starting from  
21st January 2025

Mode:  
Hybrid

**NO  
REGISTRATION  
FEES**

\*OPEN TO UNDER-GRADUATE/  
POST-GRADUATE STUDENTS  
FROM MAITREYI COLLEGE\*

**30 hours certificate  
course**

LIMITED SEATS  
AVAILABLE, ON FIRST  
COME BASIS.

**CERTIFICATES WILL  
BE PROVIDED TO  
SUCCESSFUL  
PARTICIPANTS.  
80% ATTENDANCE  
IS MANDATORY.**

**Last Date To Register:**

**19th January 2025**

**STUDENT COORDINATORS:**

**GARIMA: +91 99189 24751**

**PUJA: +91 91425 32427**