



Book Release!

2nd Edition

THE ST JOHN'S TOOLKIT FOR POSTGRADUATE WELLBEING

MAKING THE BEST OF YOUR PG DAYS

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POPE PAUL VI AUDITORIUM,
ST. JOHN'S MEDICAL COLLEGE, BANGALORE.

A Toolkit with practical inputs on aspects affecting your PG life that will help you manage:

- **Yourself** (*mental health, time management, finance and self-management, work-life balance, mentorship, social media*)
- **Your work environment** (*academics, thesis, research, conferences, team work, legal issues, violence, night duties, dealing with death and terminal illness, ethical challenges*)
- **Your Family and friends** (*relationships, peer support, family support*)