

Circular

One day Seminar on Stress Management through Meditation and Counselling for Students and Faculty will be organised in Computer Auditorium from 12:00 pm to 1:00 pm on 21/04/2023. Dr Samani Shreyas Pragya and Dr. Samani Amal Pragya from the Department of Yoga and Science of Living and Department of Jainology and Comparative Religion and Philosophy respectively from Jain Vishwa Bharati Institute Ladnun(Rajasthan) will share theoretical and Practical inputs to the Participants. All faculty Members, Staff and Students are requested to attend the programme which will definitely help them in bettering the quality of life.

JKB
(Prof. Jappreet Kaur Bhangu)

HOD(M&H)

P. Jain
(Prof. Pardeep Kumar Jain)

Coordinator

Copy to

1. Director for Kind information please
2. All Deans
3. All HOD's & all section in-charges
4. Notice Boards (all hostels)
5. FI(ACSS)- to upload on the institute website pl.

SL187/M&H/21-23
10/04/23