



PD UCIC - 290
17-2-2026

CENTRE FOR COUNSELLING AND WELL-BEING
GURU JAMBHESHWAR UNIVERSITY OF SCIENCE AND TECHNOLOGY
HISAR-125 001 (HARYANA)

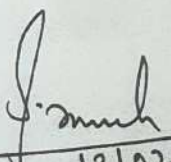
NOTICE

Sub: Workshop on "Stress Management" on February 20, 2026 at 10.00 AM to 4.00 PM.

Its our pleasure to inform you that the Centre for Counselling and Wellbeing of the University is organizing a one day workshop on "**Stress Management**" on February 20, 2026 at 10.00 AM to 4.00 PM. in Seminar Hall No. 2 of CRS University Auditorium. Prof. Urmi Nanda Biswas, Head, Department of Psychology, University of Delhi, will conduct the workshop. The structured workshop will focus on building resilient habits, teaching efficient stress management techniques, and improving self-awareness. The initiative aligns with the University's objective of promoting students' mental health and holistic well-being.

Registration will be mandatory for those who are interested in attending the workshop. There is no registration fee. The last date of submission of registration form is 18.02.2026 in the O/o Centre for Counselling and Wellbeing of the university Room No. 327, 2nd floor teaching block No. 7 from 10 am to 4.30 pm. The registration form can also be submitted Online through google form link as given. Registered participants are requested to ensure their presence.

(<https://forms.gle/KUuu6xiYoARtv2Tv6>)

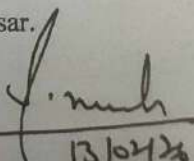

13/02/26
DIRECTOR

Endst. No. CCWB/2026/93-132

Date: 13/02/2026

A copy of the above is forwarded to the following for information and further necessary action:

1. All the Deans/Chairpersons/Director(s) of the UTDs/HSB, GJUS&T Hisar.
2. Chief Warden (Boys & Girls), GJUS&T, Hisar
3. Programme Co-ordinator NSS, NCC, Youth Red Cross, GJUS&T, Hisar
4. Director, PDUCIC, GJUS&T, Hisar. He is requested to upload the above notice on University website for information of all concerned. The soft copy of notice has been forwarded on e-mail ucic.gjust@gmail.com, ucic@gjust.org, web.gjust@gmail.com.
5. The Dy. Director (Public Relations), GJUS&T, Hisar.
6. OSD to Vice-Chancellor (for kind information of the Vice-Chancellor), GJUS&T Hisar.
7. PA to Registrar (for kind information of the Registrar), GJUS&T Hisar


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