



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

NOTICE

**Sub: Workshop on “Psychological Flexibility – A Life Skill” on February 02, 2026
at 12:00 Noon to 2.00 PM.**

It's our pleasure to inform you that the Centre for Counselling and Wellbeing of the University is organizing a workshop on “**Psychological Flexibility – A Life Skill**” on February 02, 2026 at 12:00 Noon to 2.00 PM in Seminar Hall No. 1 of CRS University Auditorium. Dr. Chinu Agrawal, a renowned psychologist & psychotherapist, Director – Feeling Minds will conduct the workshop. The objective of the workshop is to enhance the positive coping skills and resilience among students. The initiative aligns with the University's objective of promoting students' mental health and holistic well-being

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J. Singh
DIRECTOR 27/01/26

Date: 27.01.2026