

19. Workshop on Mindfulness and Stress Management Held on the Occasion of Anti-Suicide Prevention Day

Event date: 10 September 2025

Venue: Kashmere Gate Campus

Dr. Simran Kaur, Assistant Professor, School of Management, in collaboration with the NGO Milestone, organized a thoughtful and engaging workshop on the theme of Mindfulness to mark Anti-Suicide Prevention Day. The session aimed to raise awareness about emotional well-being, stress management, and the importance of staying present in the moment.

The event reaffirmed the university's commitment to promoting a compassionate and emotionally resilient campus environment.



