



INTEGRAL UNIVERSITY

LUCKNOW - INDIA



DEPARTMENT OF
HUMANITIES & SOCIAL SCIENCES

IS ORGANIZING

A WORKSHOP ON STRESS MANAGEMENT

ON THE OCCASION OF
WORLD MENTAL HEALTH DAY
"MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT"



11:00 AM ONWARDS

Tuesday, October 10, 2022

SEMINAR HALL (F-206), F BLOCK

PRESIDED BY

Prof. Shahid Ali Khan

Dean, Faculty of Humanities & Social Sciences
Integral University, Lucknow

Prof. Zeba Aqil

Head, Department of Humanities & Social Sciences
Integral University, Lucknow

FACULTY COORDINATORS

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