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MAULANA AZAD NATIONAL URDU UNIVERSITY

University Health Committee

Awareness Program on Stress, Anxiety, Depression for Senior Students (2024 - 2025)

Sl No:	Schools	Departments	Course Ist Year	Time / Date	Location
1	School of Languages, Linguistics and Indology	Dept. of Urdu	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	12-08-2024	CPDUMT
		Dept of English			
		Dept. Hindi			
		Dept. of Arabic			
		Dept. of Translation			
		Dept. of Persian			
2	School of Arts and Social Sciences	Dept. of Political Science	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	13-08-2024 11am - 1pm	CPDUMT
		Dept. of Public Admin			
		Dept. of Social works			
		Dept. of Women Education			
		Dept. of Sociology			
		Dept. of History			
		Dept. of Islamic Studies			
Dept of Economics					
3	School of Education and Training	Dept of Education & Training	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	14-08-2024 11am - 1pm	CPDUMT
4	School of Commerce and Business Management	Dept. of Management M B A Dept. of Commerce M Com. B Com	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	16-08-2024 11am - 1pm	CPDUMT
	School of Mass communication and journalism	Dept. of Mass Communication & Journalism MCJ			
5	School of Computer Science and Information Technology	B Tech	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	19-08-2024 11am - 1pm	CS & IT DEPT
		M Tech			
6	Politechnic	Dept of CS	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	20-08-2024 11am - 1pm	LIBRARY AUDITORIUM
		Dept of IT			
		Det of ECE			
		Dept of Civil			
7	School of Sciences	Dept. of Zoology	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	21-08-2024 11am - 1pm	LIBRARY AUDITORIUM
		Dept. of Botany			
		Dept. of Physics			
		Dept. of Chemistry			
		Dept. of Mathematics			
		MLT			
		MIT			
8	Integrated Courses	B A Arabic	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	22-08-2024 11am - 1pm	LIBRARY AUDITORIUM
		B A Urdu			
9	IT I	Draughtsman (Civil)	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	22-08-2024 11am - 1pm	LIBRARY AUDITORIUM
		Mechanic(Refrigeration & Air-conditioner)			
		Electrician			
		Electronics Mechanic			
		Plumber			

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6/8/2024

Chairman HMC