

MAULANA AZAD NATIONAL URDU UNIVERSITY						
Awareness Program on Stress, Anxiety, Depression for Newly Admitted Students (2026 - 2027)						
Sl No:	Schools	Departments	Course 1st 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	10-08-2026 11am - 1pm	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	11-08-2026 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	12-08-2026 11am - 1pm	CPDUMT	
4	School of Commerce and Business Management	Dept. of Management M B A	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	13-08-2026 11am - 1pm	CPDUMT	
		Dept. of Commerce M Com, B Com				
	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	14-08-2026 11am - 1pm		
		M Tech				
6	School of Engineering and Technology	Dept of CS	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	17-08-2026 11am - 1pm	CPDUMT	
		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	18-08-2026 11am - 1pm	CPDUMT	
		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	19-08-2026 11am - 1pm	CPDUMT	
		B A Urdu				
	Law	LLB				
		LLM				
9	I T I	Draughtsman (Civil)	Session on Stress Management 11:00am to 12:30pm Rest Question Answer till 1:00pm	20-08-2026 11am - 1pm	CPDUMT	
		Mechanic(Refrigeration & Air-conditioner)				
		Electrician				
		Electronics Mechanic				
		Plumber				

Signature

Signature
01/07/26
Counsellor / Psychologist
MANUU

