



# WEB WORKSHOP ON MINDFULNESS FOR STRESS MANAGEMENT



## **Speaker?**

**Dr. Jyoti Dubey,**  
Clinical Psychologist,  
Dr. APJAKTU, Lucknow

## **When?**

**Monday,**  
**25<sup>th</sup> MAY 2020**  
**02:00PM–04:00PM**  
(IST)

## **Where?**

Live on  
**CSJM University**  
**Facebook Page**   
<https://www.facebook.com/csjmuknp/>

## **How To Register?**

**Fill the Google**  
**Form**  
<https://forms.gle/oyyKsitLdcrQTBLp7>

**Patron:** Prof. Neelima Gupta  
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