

**Facilities provided for Women in terms of Counseling**

**One day Seminar on Stress Management through Meditation and Counseling in Girls Hostel-03**

As per circular SLIET/GH-3/07 to 09 dated 19/04/23, one day Seminar on Stress Management through Meditation and Counselling for Girls Students in the Girl Hostel-3 Common Room was organised from 7.00 pm to 8.00 pm on dated 20/04/2023. Dr. Pratibha Tyagi Chief Warden was the Co-ordinator and Dr. Himanshu Rani and Dr. Barasha Mali were the co-coordinators for the event. Dr. Samani Shreyas Pragya and Dr. Samani Amal Pragya from the Department of Yoga and Science of Living and Department of Jainology and Comparative Religion and Philosophy respectively from Jain Vishwa Bharti Institute Ladnun (Rajasthan) shared theoretical and practical inputs to the participants. Director SLIET gave the gracious presence and also interacted with the students. Other dignitaries present were Prof. Pradeep Jain, Prof. Anupama Marwaha, Prof. Jappreet Bhangu, Prof. Surita Maini, Prof. Praveen Khanna, Dr. Prabhdeep Kaur, and Mrs. Preetpal Kaur Buttar. All the participants enthusiastically participated and enjoyed the seminar. Following photographs are from the seminar day.



