



**M.A. in Social Work Programme**  
School of Social Sciences  
Central University of Gujarat, Gandhinagar, Gujarat

Organizes a workshop

On

**“Stress Management” for University students**

On

**May 2<sup>nd</sup>, 2019 (Thursday)**

at

**Seminar Hall**

Central University of Gujarat, Sector 29 Campus, Gandhinagar, Gujarat

From

**3 PM to 5 PM**

Speakers

**1) Dr. Jignesh Jani**

Researcher- Indian Mystic Traditions, Entrepreneur & Psychologist

Anandam, Anand, Gujarat

**2) Dr. Chintan Solanki**

Associate Professor & HOD, Department of Psychiatry, GMERS Medical

College, Gandhinagar, Gujarat

**Refreshment**

**5:00PM-5:15PM**