

## **NOTICE**

**University Counseling & Guidance Centre, JMI**

**organizes**

# **Smash Stress**

**Workshop on Stress Management**

**Conducted by**

**Youth Empowerment Services (YES)**

**on**

**24<sup>th</sup> October (Monday) 2011**

**at**

**2:30 pm**

**Venue: Committee Room (Nehru Guest House)**

**Prof. Waheeda Khan**  
Honorary Director

Contact No: 26983382, 4480 (EPABX)