

**NATIONAL INSTITUTE OF TECHNOLOGY KURUKSHETRA
OFFICE OF THE DEAN (STUDENTS' WELFARE)**

No. Dean(SW)/2024/419

Dated:11.11.2024

Thought Lab is organizing an Expert Talk by **Dr. Nivedita Shreyans**, Eminent Educationist, Director Youth Programs, Heartfulness Institute & Associate Professor, Pillai Institute of Management Studies and Research, Navi Mumbai, Maharashtra on Topic "**Stress Management**" on **13.11.2024 (Wednesday)** at **04:30 PM** in **Wisdom Hall (Room no .304)**, Thought lab, 2nd Floor, Siemens Centre of Excellence of the Institute.

All interested faculty, staff and students are invited to attend this program.



**Dean (Students' welfare)
& Coordinator, Thought Lab**

Notice Board

Copy to:

1. Assistant Registrar to Director for kind information of the Director
2. All Head of Departments /Section Head With the request for Circulation among the Faculty, staff and students.
3. Chief Warden (Boys and girls) hostels with the request for circulation among the Faculty, Staff and Students.
4. Prof./C. (CCN) with the request to upload on Institute website.