



**Sher-e-Kashmir University of Agricultural
Sciences and Technology of Jammu**
Dean Student Welfare, Chatha-180009



Dr. Sudhakar Dwivedi

(dsw@skuastj.org)

No.: AUJ/DSW/25-26/F-151/268-71
Dt.: 02/05/2025

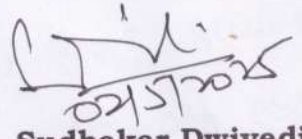
Warden Urja,
SKUAST-J,
Chatha.

Sub: Stress Management Interaction Session-regarding.

Sir,

As per the request letter received from Dr. Komal Sharma, Counselor and duly recommended by Medical Officer, Health Centre regarding subject cited above. In this regard, it is to inform that the interactive session will be held at 05:30 PM onwards on 06-05-2025 in your Hostel. The stress management interactive session will be delivered by Dr. Komal Sharma, Counsellor.

Further, it is requested to make all necessary arrangements for the same.


(Dr. Sudhakar Dwivedi)
Dean, Student Welfare

Cc.:

- Warden Ujala Hostel, SKUAST-Jammu for circulate among all hostel boarders for participation.
- Dr. Anil Gupta, Medical Officer, SKUAST-Jammu.
- Dr. Komal Sharma, Counsellor, SKUAST-Jammu for information and necessary action.