BABA MASTNATH UNIVERSITY

Asthal Bohar, Rohtak, NH-10, NCR, Haryana-124021(India)
Established under Haryana Private Universities Act, 2006
Recognized by the UGC u/s 2(f) and Member, Association of Indian Universities
Website: www.bmu.ac.in

Ref. No. ..... **Date** 24.7.2026.

Centre for Counselling and Mental Well-Being

Annual Activity Calendar for the Academic Year 2026-27

S. No.	Activity	Level	From	To
1	Express Yourself on open Mike: A Relaxation Therapy	University Level /Department Level	August 2026	August 2026
2	Workshop on Digital Detox and Screen Time Awareness	University Level/Department Level	September 2026	September 2026
3	Poster Making/ Slogan Writing/ Short film making Competition for Students- Mental Health Awareness Week	University Level/Department Level	October 2026	October 2026
4	Lecture on Mind Over Matter: Stress & Time Management Techniques and Procastination	University Level /Hybrid Mode	November 2026	November 2026
5	Yoga and Meditation for Stress Management and Happiness	University Level	February 2026	February 2026
6	Health Check-up Camp	University Level	March 2026	March 2026
7	Extension Lecture on Emotional Intelligence	University Level	April 2025	April 2025
8	Tea-Time mental Wellness Session for Faculty and Staff	University Level /Department Level	May 2026	May 2026

24/7/26.

Chairperson
Prof. (Dr.) Hema Singla