



Estd. 1972

Sunbeam Women's College Varuna

College Code: 198

(Affiliated to Mahatma Gandhi Kashi Vidyapith, Varanasi)

(Accredited by NAAC)

Towards Women Empowerment ...

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Ref. No. : SWCV/VRN/Notice/2025/359

Date : 04.11.2025

NOTICE

Session on Mindfulness at Workplace



Dear Students,

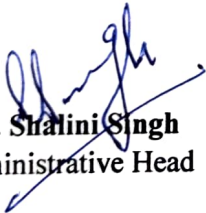
This is to inform you that Anandam Club in collaboration with Department of Management is organizing a session on 06.11.2025 on the topic "Mindfulness at Workplace" by Ms. **Poonam Lakhani, HR Admin and Coordinator, GLA University, Mathura.**

All students of BBA are requested to attend the same.

Date: 06.11.2025

Venue: Multimedia

Time: 02:20 PM Onwards


Dr. Shalini Singh
Administrative Head


Dr. Rajeev Singh
Principal