

## Press Note



**Jagat Guru Nanak Dev  
Punjab State Open University, Patiala**

(Established by Act No.19 of 2019 of Legislature of the State of Punjab)

PSOU/PRO/222

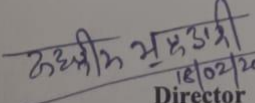
18 February 2026

### **CGCS & SBMC conduct session on Mental Well-Being**

**18 February 2025**

The Center for Gender and Cultural Studies (CGCS) in collaboration with School of Business Management and Commerce (SBMC), Jagat Guru Nanak Dev Punjab State Open University (JGNDU), Patiala, organized a session on “Mental Well-Being & Human Resource Management” on 18 February 2025. Prof. (Dr.) Rattan Singh, Vice-Chancellor, observed that mental health enhances employee well-being and increases productivity. The addressed growing significance of mental well-being in organizations and its role in effective Human Resource Management practices.

Dr. Naina Sharma, Professor in Psychology, Centre for Distance and Open Education, Punjabi University, Patiala was resource person. She discussed the evolving workplace dynamics, the psychological challenges faced by employees, stress management strategies, and the role of HR professionals in creating supportive and inclusive work environments. She highlighted practical approaches for promoting resilience, emotional intelligence, and well-being in organizations. Dr. Navleen Multani, Dean Research, extended Vote of Thanks. Dr. Sulakshna, Head SBMC and Nodal Officer, Mental Health and Counselling Cell, was the coordinator of the event. Faculty members, researchers, and students were present during the event.

  
18/02/2026  
**Director**

**Director-Public Relations Cell**  
**Public Relations**  
Jagat Guru Nanak Dev  
Punjab State Open University  
Patiala - 147001(PB) INDIA



# Jagat Guru Nanak Dev Punjab State Open University, Patiala

(A State University Established by Govt. of Punjab wide Act No. 19 of 2019 and Approved Under section 2(f) of UGC)



## Center for Gender and Cultural Studies (CGCS)

in Collaboration with

## School of Business Management and Commerce

Organizes Webinar on

## Mental Well-Being & Human Resource Management (HRM)

Chief Patron

Prof. (Dr.) Rattan Singh

Vice-Chancellor

JGND PSOU



Resource Person

Dr. Naina Sharma,  
Professor in Psychology,  
Punjabi University,  
Patiala

MEETING LINK

<https://meet.google.com/zzh-fhyi-xwp>

18 February 2026

11:00 AM – 12:30 PM

Dr. Amitoj Singh

Associate Dean Academic Affairs

Dr. Navleen Multani

Dean Research

Organizing Secretary:

Dr. Sulakshna

Head, SBMC

Nodal Officer, Mental Health and Counselling Cell

Organizing Team

Dr. Pooja Aggarwal

Dr. Balpreet Singh

Dr. Jyotsna Sharma

Dr. Jitender Kaur

CMPL

### Links

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<https://www.instagram.com/p/DU2069Mj8N4/?igsh=MW5veWFkMmttYjNzcw==>