

**Shri Lal Bahadur Shastri Rashtriya Sanskrit Vidyapeetha, New Delhi**  
B-4, Qutub Institutional Area, New Delhi-110016

**Centre for Women's Studies**

**National Seminar**

**30 & 31 March 2020**

**on**

**'Gender Wellness & Health'**

**'जेन्डर सुस्थितता एवं स्वास्थ्य'**

**Sub-Themes:**

1. Yog & Wellness.  
(योग एवं सुस्थितता)
2. Spirituality & Mental Wellness.  
(आध्यात्मिकता एवं मानसिक सुस्थितता)
3. Society & Emotional Wellness.  
(समाज एवं सांवेगिक सुस्थितता)
4. Environment & Health.  
(पर्यावरण एवं स्वास्थ्य)
5. Professionalism & Health.  
(व्यवसायिकता एवं स्वास्थ्य)

Last Date for sending abstracts and papers:

- **11 March 2020** for sending Abstract.
- **21 March 2020** for sending Full paper.

Contact:

E-mail: seminar20cws@gmail.com  
Contact: 011-46060634, 011-46060618, 01146060619.

**Note:** Kindly send your research papers on line in the e-mail address given above and the papers should be typed in the following font-

- In Hindi and Sanskrit –Walkman Chanakaya 905 or 901, Khalnayak font size 16.
- In English- Times New Roman Font Size 12.

Director (i/c)