

Guest Lecture: Stress Management

Guest Lecture on “Stress management” was held on 7 February 2019 conducted by Mrs. Yadav V. R.(Medical & Social worker, Krishna Hospital Karad)

- The objectives of this lecture is Understand how stress works and develop sustainable behaviors
- Develop their personal resources and avoid stress “overdraft”
- Recognize negative stress and its symptoms
- Identify the causes of unwanted stress
- Avoid negative stress whilst enhancing positive experience
- Develop a balanced lifestyle in order to control stress in the long term
- Utilize effective relaxation and stress reduction techniques
- Develop a Personal Action Plan for Stress Management



Felicitation ceremony



Lecture on Stress Management



Practical session



Practical Session