



Report on: GUEST LECTURE ON STRESS MANAGEMENT


Faculty Name:Ms.Sukrati Jain,CS Department,JS University

Participation: Faculty and Students of J. S. University, Shikohabad

Date:27 aug,2019

Event Summary: Students were guided and motivated to plan and manage their academics. She highlighted how stress is a natural part of life, as well as its causes and consequences on the body and mind. She went over the tactics for properly managing stress in great detail. She also swore to the pupils that they would not take drastic measures such as suicide. The event drew a total of 123 students and faculty members. The faculties and students both praised the programme.



 GPS Map Camera



Shikohabad, Uttar Pradesh, India

53/7026, 53/7026, Agra Rd, Sudama Puri,

Shikohabad, Uttar Pradesh 283141, India

Lat 27.111629°

Long 78.576842°

18/02/20 01:09 PM GMT +05:30