

SDP COLLEGE FOR WOMEN LUDHIANA

Please fill the form neatly and submit immediately after the activity

CO-ACADEMIC EVENT/ ACTIVITY: EXTENSION LECTURE ON STRESS MANAGEMENT

DATE : 29-08-2018

VENUE: ROOM NO. 5

CHIEFGUEST: MS. MANJU BHASHINEE (OFFG.PRINCIPAL)

RESOURCE PERSON: MR. SURYA (VERBAL HEAD AND INTERVIEW TRAINER) TRIUMPHANT INSTITUTE OF MANAGEMENT EDUCATION)

MEMBERS OF THE MANAGEMENT PRESENT:

THEME/ CONTENTS: STRESS MANAGEMENT. The purpose of this lecture is to provide knowledge how to manage the stress.

NO. OF THE STUDENTS PARTICIPATED: 80

PRIZE WON/ ANY OTHER INFORMATION: No

SIGNATURE:

Nandani
Recus