

## WORKSHOP ON STRESS MANAGEMENT TECHNIQUES ON 11 th Nov 2022

A workshop on 'Stress Management Techniques' was conducted by Ms. Sandhya Chandrashekhar for the students of Department of Home Science on 11 th Nov 2022. Ms. Sandhya Chandrashekhar is a wellness coach and Consultant who has to her credit various such programmes across India. The programme was initiated by a Welcome address of Prof. Raj Bhardwaj, Principal, Bhagini Nivedita College and coordinated Dr. Priyanka Kulshreshtha, Faculty of the department.

The workshop was attended by around 46 students of B.Sc Home Science (Hons) and B.A Programme students. The students gave positive feedback to the workshop and they expressed their desire for more such programmes in the near future. The workshop was primarily concentrated on controlling thoughts and training them, increasing emotional intelligence and reinforcing positivity in day to day life.



