

# Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

## Guest Lecture on "Stress Management"

*Held On*

30<sup>th</sup> August, 2017

<b>Title</b>	Stress Management
<b>Date and Time</b>	30 <sup>th</sup> August, 2017
<b>Venue</b>	DSPSR Campus
<b>Resource Person/Facilitator</b>	Dr. Rana Singh
<b>No. of Participants</b>	50
<b>Summary</b>	Dr. Rana Singh, Director - Institutional Effectiveness (Quality Assurance), University of Jazeera, Dubai delivered lecture to the students of BBA 3 <sup>rd</sup> Semester on the topic "Stress Management" on August 30, 2017. He talked about the causes of stress, how to avoid stress, how to beat the stress, and what type of food one should consume. It was a fruitful session for the students.

Winners	
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Photographs of the event:

