

**OFFICE OF THE PRINCIPAL
SWAMI YOGANANDA GIRI COLLEGE,
SAKTIASHRAM**



AWARENESS PROGRAM ON STRESS MANAGEMENT

Report of the Programme:

An awareness program on stress management was conducted by IQAC Swami Yogananda Giri College on 11th September 2017 on the college campus. Mrs Pritilata Talukdar, Counsellor, RNB Hospital, Kokrajhar was invited as a resource person. Mrs Talukdar gave an enlightening talk on *Stress Management*. In her talk, she stated that stress is due to external pressure and the inability to cope with it. She taught the students various ways to cope with stress and its management and thus live a healthy life. The total number of participants in this programme was 132.



Hia
Principal, i/c
Swami Yogananda Giri College
Sakti Ashram
Date: