

Lecture on Stress Management (dated 19th Sep 2025)

A lecture was organized by the Deptt. of Psychology in collaboration with IQAC of the college on 19th September 2025 on the topic 'Stress Management'. Presided over by the worthy college Principal, Mrs. Renu Rishi, the program was attended by 25 teaching staff and eight non-teaching cum contractual staff. IQAC Coordinator, Mrs. Ritu Sharma, introduced the keynote speaker to the members. Dr. Reema Bansal (Assistant professor of Psychology), the keynote speaker, spoke about the importance of stress management in daily life and how to manage it. Various tips and suggestions were given for the same. Finally, IQAC Coordinator, Ms. Ritu, presented the vote of thanks, and the program concluded with the principal's valuable remarks.



तनाव प्रबंधन की आवश्यकता पर दिया जोर

साहा। राजीव गांधी राजकीय महाविद्यालय में तनाव प्रबंधन विषय पर व्याख्यान का आयोजन किया गया। कॉलेज प्राचार्या रेणु ऋषि के कार्यक्रम का नेतृत्व किया। आईक्यूएसी समन्वयक रितु शर्मा ने मुख्य वक्ता के विषय में सभी सदस्यों को रूबरू करवाया। मुख्य वक्ता डॉ. रीमा बंसल ने दैनिक जीवन में तनाव प्रबंधन की आवश्यकता और इसे नियंत्रित करने के तरीके बताए। संवाद

Reema

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