REPORT

A lecture on health and stress management was organized by the Women's Cell /Sparsh at the Government College on February 14, 2025. Dr. Manoj Sharma, AYUSH Department, was the chief speaker, and Thakur Mahendra Singh, Pharmacy Officer, was also present on the occasion. Professor Ruchi Narang, Convenor Women's Cell, presided over the event.

The chief speaker provided health-related information to the students, stating that in today's time, every individual is struggling with stress. He emphasized that proper time management is essential for stress management. He further stated that to keep the body and mind healthy, positive thinking, yoga, proper sleep and wake-up times, and a balanced diet are necessary.

Approximately 170 girl students participated in the



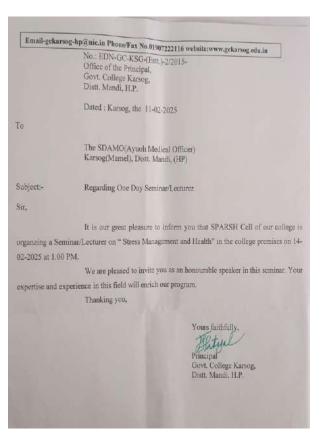


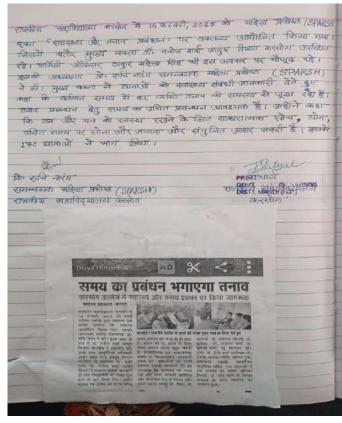












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