

## STRESS MANAGEMENT

A National Webinar on “ Stress Management for Work- Life Balance” was organized on June 14, 2020. Dr Vikram Singh, Senior Educator at JNU was the resource person. Amidst the pandemic stress, the objective of this webinar was to help participants to bring out their positive self and maintain a happy balance between work, family and friends. Various measures of stress management were discussed by the speaker. Approximately 175 participants from around 30 institutions across India attended this webinar.