



**Indira Gandhi Delhi Technical University for Women
(Established by Govt. of Delhi vide Act 09 of 2012)
Kashmere Gate, Delhi-110006**

Session was organized on ' Time and Stress Management' Dr. Ravinder Singh, Senior Scientist, Indian Council of Medical Research on 17th February 2016

The Workshop on Time and Stress Management was organized with the aim of equipping participants with essential skills and strategies to effectively manage their time and cope with stress in their personal and professional lives. The workshop recognized the challenges individuals face in today's fast-paced and demanding world and sought to provide practical solutions to enhance productivity, reduce stress, and improve overall well-being. The event was attended by 84 students.