

Tatyasaheb Kore Institute of Engineering and Technology,
Warananagar – 416113

Training and Placement Cell

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Stress Management

By

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The Stress management is wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, usually for the purpose of and for the motive of improving everyday functioning.

Resource person has delivered lecture and has taken interactive session of students to reduce the stress. Number of techniques has explained like meditation, yoga, concentration on things, relaxation techniques.

He has given number of practical examples and discusses the actual problems through which they are come across.

He has taken this lecture as a social responsibility and representing the NGO Manashakti Research Centre, Lonavala.



Dr. Sanjeevkumar Patil addressing to students



Dr. Sanjeevkumar Patil addressing the students

Prof. A. V. Hankare
Coordinator

Prof. P. J. Patil
TPO

Dr. S. V. Anekar
Principal