

Department of Humanities and Social Sciences

Event/Guest Lecture- 1

Instructor Mediated Workshop on Stress Management

Speaker: Ms. Amritatmika Chaitanya, Assistant Professor, School of Spiritual Studies, Amrita university. Kerala.

Date of Event- 31st/ July/2024

Timings: 9:30-11:00 A.M.

Audience- BTech & Ph.D. Students

Coordinator(s): Dr. Manju Shukla & Mr. Suraj Nishad



The Department of Humanities and Social Sciences, NIT Raipur organized an **Instructor Mediated Workshop on Stress Management**, largely aimed at relieving Stress through an 8-step process involving:

- Stretching Exercises
- Breathing Exercises
- And Meditation sessions