

AVANTHI DEGREE AND P.G COLLEGE

(Approved by AICTE, Affiliated to Osmania University & Recog. by Govt. of T.S.)16-11-741/B/1/A, Moosarambagh Dilsukhnagar, Hyderabad - 500 036

Event Report		
S.No	Description	Details
1.	Name of the Activity	Guest Lecture on Stress Management
2.	Date of conduction	17-11-2023
3.	Organized By	Avanthi Degree and PG College
4.	Co ordinator	Mrs.Annapurna,Mr.Naveen chnadra,Mr.Ramakrishna Reddy, Mrs.Sarala,Mr Syed Azam,Mr Raju,Mrs Maneesha,Mrs.Shobha
5.	No of participants	155
6.	Venue	Seminar Hall
7.	Speaker	Speaker: Prof.M.L Sai Kumar
8.	Description	Stress management offers a range of ways to help you better deal with stress and difficulty, also called adversity, in your life. Managing stress can help you lead a more balanced, healthier life.

