

REPORT

WORKSHOP ON: Stress Management, Balanced Diet and Benefits Of Yoga

Date: 7-11-2025

Teacher Incharge: Ms. Suman

Resource Person: Dr. Shabnam Sayeed

A workshop on “Stress Management, Balanced diet and Benefits of Yoga” was conducted by Dr. Shabnam Sayeed to create awareness among students about maintaining a healthy lifestyle and managing stress effectively. The resource person highlighted simple and practical ways to handle stress through positive thinking and relaxation techniques. Students participated enthusiastically and shared their experiences. The session concluded with a message encouraging everyone to adopt healthy habits ,eat mindfully and practice yoga regularly for overall well-being.



