

# JIMS ENGINEERING MANAGEMENT TECHNICAL CAMPUS – JEMTEC

(Affiliated to Guru Gobind Singh Indraprastha University, New Delhi)  
Plot No. 48/4, Knowledge Park-III, Greater Noida, PIN-201308

<b>Session:</b>	2020-21	<b>Semester:</b>	4 <sup>th</sup>
<b>Event Date:</b>	May 26, 2021	<b>Event Type:</b>	Guest Lecture
<b>Event Name/Title:</b>	Counseling Session On Stress Management		
<b>Resource person Name</b>	Ms. Bhumika	<b>Resource person Organization</b>	NA
<b>Organizing Department</b>	BCA	<b>Organizing Student club / Society /Committee if any</b>	NA

## Event Report

Guest Lecture on “Counseling session On Stress Management” was organized by BCA Department. The session was conducted by Ms. Bhumika. The session started at 11:00 am. Ms. Bhumika talked about the how to overcome with stress and anxiety. She also guide the students the ways to keep ourself calm. She motivated the students to think positively.

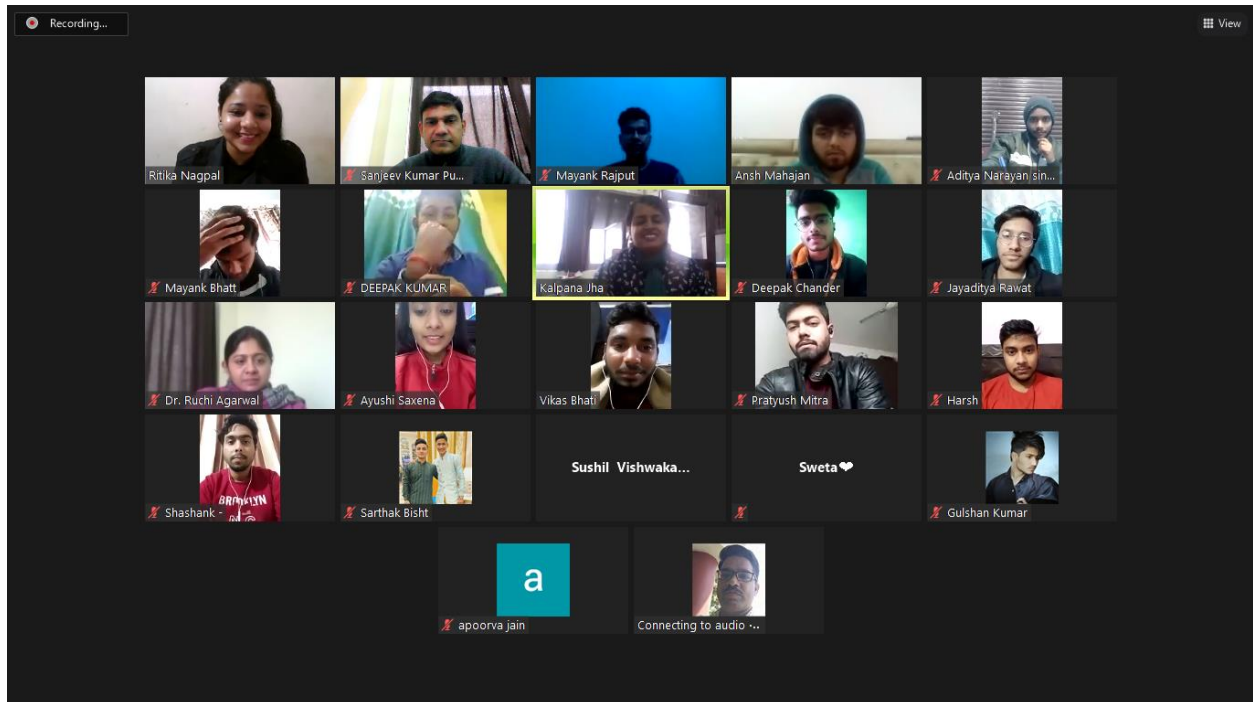
**Overall it was a very great event.**

**Total number of students:**

**Name of Students Coordinators**

Enrollment No	Name
	Shulakshna

## Photographs of Event



**Signature of Faculty Coordinator**

**Dr Sanjeev kumar Punia**

**Signature of HOD**

**Dr. Ruchi Agarwal**