

Workshop On “Stress management

The department of CSE had organized a Workshop On “Stress management” on 15th October 2024 from 11:00 AM onwards in Auditorium, JIMS, Greater Noida. Mr. Arup Banerjee. delivered the Session on Stress Management. Mr. Banerjee is the founder of BACE (Bhaktivedanta Academy for Culture and Education), and serves as a Council Member and Secretary of ISKCON Delhi. He holds a B.Tech. degree from NIT Bhopal and has over 20 years of experience in the corporate world, where he previously served as Senior Vice President at Pine Labs, a leading fintech company in India. Having successfully led numerous project teams in the corporate world, he has now dedicated his life to sharing his knowledge and experience through value education programs at BACE. His efforts have positively transformed the lives of thousands, instilling values, balance, and inner peace in countless individuals. He shared his profound insights on stress management, offering us tools and techniques to better navigate the pressures of life. The event on "Stress management" was a resounding success, with students gaining valuable insights into the structured approach to life. The event not only provided a clear learning path but also motivated students to commit to consistent practice and problem-solving approach. The event was a significant step in helping students prepare emotionally and mentally strong.

