

DEPARTMENT OF COMMERCE

The Department of Commerce organised a session led by Mr. Saumitra Goel, an accomplished IT professional with over 20 years of experience in multinational corporations (MNCs) and an Electrical Engineering graduate from IIT Delhi on the topic ‘Managing Stress and Negativity’. The session focused on three critical areas essential for personal and professional growth: overcoming negativity, managing stress, and mastering time management.

PHOTOGRAPH OF THE EVENT

