

Title of Activity: Stress Management Lecture for Students, Faculty & Support Staff

SDG Description: Good Health and Well-Being

Venue: Auditorium

Mode: Physical/ Online: Physical

Date: 23rd Jan 2023

Duration: 1 hour



Brief Explanation of the Activity:

Keeping in view the importance of mental health and well-being today's fast pace world Office of Student Affairs, National University of Technology, (NUTECH) arranged a lecture on Stress Management on 23 January, 2023 for students, faculty and support staff. This lecture was in compliance to the UN SDG No 3; Good Health and Well-being. The speaker for this lecture was Sehrish Shahnawaz, Student Counsellor.

Students, faculty and staff were educated about what is stress and how it affects our physical and mental health. They were educated about the techniques they can employ in their everyday routine for stress management. They were also educated about the importance of exercise, diet and sleep to reduce stress. This informative lecture ended with a question-answer session where the audience asked for solutions to their queries which were articulately answered by the speaker.

Pictorial Evidence:

