


INSTRUCTIONS
DEAN STUDENT LIFE OFFICE – NUTECH

Subject: **Stress Management Workshop for Faculty & Support Staff**

1. **General.** All individuals experience stressful situations in their lives emanating from numerous personal or professional issues. High levels of stress may result in various physical and mental ailments and can adversely affect occupational performance. In this background, DSL Office is conducting a two hours "**Stress Management Workshop**" on **19th & 21st April, 2022**, for Faculty and Support Staff to help equip them with necessary coping strategies to deal with the negative effects of stress.
2. **Aim.** To help the NUTECH faculty & support staff in reducing stress levels and adapting a healthy lifestyle to prevent stress.
3. **Resource Person.** Wg Cdr Maryam Akhtar.
4. **Venue.** The subject workshop will be organized in the NUTECH Auditorium.
5. **Date & Time.** **Session 1 – 19th April, 2022 (1000 - 1200 hrs).**
Session 2 – 21st April, 2022 (1000 - 1200 hrs).
6. **Dress Code.** Normal Working Dress.
7. **Attendance.** Attendance of entire NUTECH Faculty & Support Staff is mandatory. If any respected member could not attend Session 1, he/ she is requested to attend Session 2, please.
8. **ICT Office only.** Proper functioning of IT equipment, audio visual and related equipment during the rehearsals and the main event.
9. **Administration Office only.** Availability of Auditorium on **19th & 21st April, 2022.**
10. **Coordination Office only.** Make necessary arrangements for still and video coverage of the workshop.
11. Forwarded for your information/ necessary action, please.


DAD DSL
Dean Student Life
(Abubakar Ilyas)

All Concerned

Case No 106/ NUTECH/DSL/Workshop/ dated 15 April 2022