



AWARENESS PROGRAMME(16th May 2023)



AWARENESS PROGRAMME ON STRESS MANAGEMENT

The **Department of Journalism and Mass Communication** in association with **AMAR UJALA** organizing an **awareness programme on Stress Management**.

Stress is a reality that results from many different sources including but not limited to individual, work, extra and intra organizational attempts at achieving goals. Stress can lead to problems at the individual, work, and organizational levels and also causes health problems, social and family disruptions.

On 16th May 2023, the **Department of Journalism at ITM organized an Awareness Programme on Stress Management**. The **guest speaker for the event was Dr. Yashna**, a renowned expert in the field of mental health and stress management. The event was a resounding success, with attendees leaving with valuable insights and strategies for managing stress.

The event began with an introduction by the head of the Department of Journalism, who spoke about the importance of mental health and stress management, particularly in the current climate. Dr. Yashna then took the stage, delivering an engaging and informative talk on stress management. **She covered topics such as the causes of stress, the physical and mental effects of stress, and practical strategies for managing stress.**

Attendees were highly engaged throughout the talk, asking thoughtful questions and sharing their own experiences with stress. Dr. Yashna's expertise and compassion were evident throughout the talk, as she provided insightful advice and guidance to the audience. The session was highly interactive, with attendees sharing their own tips and strategies for managing stress.

Overall, the Awareness Programme on Stress Management organized by the Department of Journalism at ITM and featuring Dr. Yashna as the guest speaker was a wonderful event. The organizers and Dr. Yashna are to be commended for their hard work and dedication in putting together such an informative and impactful event. We look forward to attending future events organized by the Department of Journalism at ITM.



