

Department of Commerce (Morning)

Activity Report

Name of the Event: Capacity Building Workshop on Mental Wellness and Stress – Finding a Balance

Date: 6th October 2023

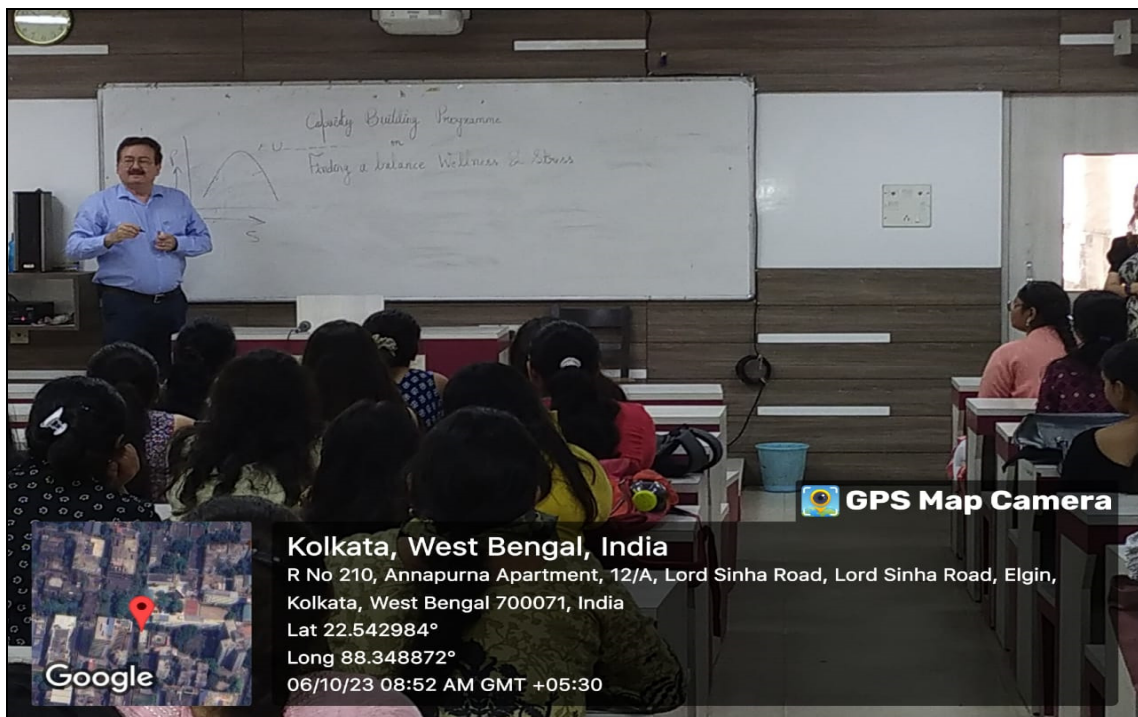
Venue: Shri Shikshayatan College, Room No. 205

Name of the Resource Person: Prof. Ravi Kumar, Faculty IBS, Kolkata



Title of the lecture: Mental Wellness and Stress – Finding a Balance

No. of Participants: 85 students

Outcome: the workshop enabled the students to handle stressful situation in a better way. They learned how stress can be used as a positive catalyst to improve performance while increasing alertness. The strategies demonstrated in the workshop would help the students to lead happier and successful lives.





ICFAI Business School
in collaboration with
Shri Shikshayatan College
Department of Commerce, Morning

presents **Capacity Building Programme** on

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FINDING - A - BALANCE

Speaker:

Prof. Ravi Kumar
Faculty IBS Kolkata



Friday, 6th October 2023 | 8: 30 am

CAPACITY BUILDING WORKSHOP FLYER 6.11.2023