

WORKSHOP ON TIME AND STRESS MANAGEMENT

The Students' Cell organized a Students' Workshop on Time and Stress Management on the 28th of March, 2023 for the **Fourth** semester students of Arts, Science and Professional Courses. The workshop was handled by the Hundredfold Academy, Shillong with Sir Sunny Mawlong and Mrs Eva Warjri being the key speakers.

The aim of the workshop was to inspire students to be healthy, happy and feel more connected for better performance and have a positive outlook on their future. The workshop focused on empowering students to take care of their physical and mental stress and help them reach their full potential.

Throughout the sessions of the workshop, participants were given lectures on Time and Stress management which was followed by an interactive session and group activities.

Total number of participants= **317**

Participants submitted their feedback and many have mentioned that the workshop was very interesting, inspiring and motivational. Certificates were distributed to all participants.