

**BHAVAN'S SHETH R. A. COLLEGE OF ARTS & COMMERCE**  
**Run by Bhartiya Vidya Bhavan**  
**KHANPUR, AHMEDABAD**

<b>Activity Title</b>	<b>Workshop On "STRESS MANAGEMENT"</b>
<b>Date &amp; Time</b>	<b>23-12-2025 to 24-12-2025 from 9:30 am to 12:30 pm</b>
<b>Objective</b>	The primary objective of a stress management workshop is to equip participants with the knowledge and practical skills necessary to identify, manage, and reduce the harmful effects of stress.
<b>Content</b>	Understanding the physiology of stress, developing immediate coping skills, and building long-term resilience.
<b>No. of Student participate</b>	22 Student
<b>In charge</b>	Prof. VINIT PATEL
<b>Place</b>	Room B of New Building , Bhavan's Sheth R A College of Arts and Commerce

**Activity Photograph**

