

Webinar on

# STRESS BUSTER TECHNIQUES FOR DAY TO DAY LIFE

On April 07, 2023 at 11:30 am -12:30 pm

Organized by

**Guru Ram Das School of Planning**  
**Guru Nanak Dev University, Amritsar Punjab**



Chief Patron



**Prof. Jaspal Singh Sandhu**  
Vice Chancellor  
Guru Nanak Dev University  
Amritsar

Facilitator



**Prof. Ashwani Luthra**  
Head  
Guru Ram Das School of Planning  
Guru Nanak Dev University  
Amritsar



**Key Speaker :**  
**Dr. Sonia Kapur**  
Assistant Professor  
**Guru Nanak Dev University**  
**Amritsar**



To celebrate

# WORLD HEALTH DAY

## Key Highlights

- Interested candidates can register through email only on [https://docs.google.com/forms/d/1z7VC0NOC4rnVyzjx\\_ipdDD5LUECkt7r8Wvrnc-fUIIU/edit](https://docs.google.com/forms/d/1z7VC0NOC4rnVyzjx_ipdDD5LUECkt7r8Wvrnc-fUIIU/edit)
- No registration Fee
- Certificates to all Participants

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