



RAJIV GANDHI NATIONAL UNIVERSITY OF LAW, PUNJAB
(Established under Punjab Act No. 12 of 2006)
(Accredited with 'A' Grade by NAAC)

RGNUL/PRO/2021/20

Date: 29-09-2021

Stress Management Session at RGNUL

Internal Quality Assurance Cell (IQAC), RGNUL, Punjab organized an online lecture on “Balancing of Emotions and Stress Management”. The Resource Person, Mr. Yashodhara Raj, Psychotherapist, Assistant Director, Training and Placement, Sharda University focused on ways to maintain emotional equilibrium and manage stress. While addressing the students and faculty, Ms. Yashodhara Raj said, “High level of sustained stress in the classroom and workplace can be a health hazard”. She explained that time management and appropriate response to stressful events was necessary for emotional well-being. Ms. Raj talked about several techniques that can relieve chronic stress. “Small but significant steps like identifying sources of stress, writing journal, expressing gratitude, avoiding stressful situations can stall unnecessary anxiety,” she said. She also highlighted on the benefits of taking time for relaxation, leisure activities, yoga and meditation.

Prof. Naresh K. Vats, Registrar, RGNUL, in his address, focused on the importance of mental and emotional well-being.