

02.12.2016: Title of the practice. Lecture on stress management theory P3Y

Managing stress can help to lead a more balanced, healthier, and prosperous life. Stress is an automatic physical, mental and emotional response to a difficult event. It's a common part of everyone's life. For this purpose P3Y is a technique to increase peace, prosperity, and progress in our life. It's a technique to remove stress in our life; the main motive of this lecture was to reduce stress among teachers and students. The lecture was delivered by Shri. Puspinder Mahajan member of P3Y.



01.05.2017: Lecture on job opportunities and competitive exams.

Lecture on job opportunities and competitive exam was given by Mr. Manoj Kumar and Dr. N.D Sharma. Main points of the lecture was to aware the students about the exam patterns and how to crack the competitive exams. Students were fully motivated by this lecture.

