AJIET

AJ INSTITUTE OF ENGINEERING & TECHNOLOGY A Unit of Laxmi Memorial Education Trust®

(Approved by AICTE, New Delhi, Affiliated to Visvesvaraya Technological University, Belgavi)

## DEPARTMENT OF CIVIL ENGINEERING

## **REPORT ON WEBINAR-STRESS MANAGEMENT**

The Department of Civil Engineering in association with student association TEAM RESILIENCE, had conducted Webinar on "STRESS MANAGEMENT" for students and faculties on 04 September 2021. The main objective of talk is to Understand the nature of stress and its impact on health and behavior. In total 32 Participants took active part in the webinar. Dr. Malini Desai, MD Homeopathy, Associate Professor, Department of OBG Mahalaxmi Homeopathic College, Satara was the Resource person for the talk.

