

**Guest Lecture**  
**on**  
**“Stress Management”**

29<sup>th</sup> March, 2017

Name of the Resource Person: Ravinder Sain and Kiran Dhiman

**Notice**

## **Report**

On 29<sup>th</sup> March, 2017 Computonics Club of P.G. Department of Computer Science organized a guest lecture on “Stress Management” by Ravinder Sain scientologist and Kiran Dhiman Dianetics from KRC Group Counseling Services. This lecture enabled all participants to reduced negative organizational stress, increased individual productivity and responsibility & better team communications and morale.

## **News**