

Lecture on Stress Management

A very useful lecture for **Stress Management and Mind Capacities** is scheduled on **13th March 2018** at **Pramilatai Oke Hall** during **6 pm to 8 pm.**

All students are requested to be present for this lecture. If possible parents can attend lecture but lecture will be addressed to students. The lecture will be conducted by two doctors of psychology and prelemba will be by **Oke Sir.**

Programme will start at 6 pm and at 6:15 pm the entry will be restricted. The lecture will be for students and parents of **Safe Hands only.**