

## **Anti-Ragging And Stress Management On 04<sup>th</sup> May 2023**

Transitioning from school life to college, fills the students with enthusiasm and hope for their bright future. However, the prospect of hazing by seniors instill fear, accompanied with, the pressure of highly competitive academic environment brings added stress. Thus, for the awareness and benefit of the newly joined graduate students, a discourse on measures for anti-ragging and stress management was organized.

The session was divided into two segments, the first session was conducted by Dr Puneet Batra ( Member, Dental Council of India) & Mr Dilawar Singh ( SHO, BPTP Police station) to raise the awareness against the psychological harm caused by ragging and current Indian penal laws against ragging.

Second session of the program consisted of a lecture by Ms Nidhi, who is associated with the Art of Living and has vast experience in various strategies for stress management. The program was met with great participation from all the undergraduates, while, they learnt about the various anti ragging measures in place in the college along with the art of mental well being.











