

# SCHOOL OF MANAGEMENT

Announces

## Certificate Course on **STRESS MANAGEMENT**

Stress management is the process of understanding and coping with stressors in life to promote overall well-being and resilience. It is about adopting healthy habits, coping strategies, and mindset shifts to navigate life's challenges more effectively and maintain overall well-being.

This course is designed to provide a better understanding of what stress is and how it can manifest physically, emotionally, and behaviorally. The course will enable the students to adopt a healthy perspective towards stress and learn techniques and strategies to effectively cope with and manage stressful situations in their lives.

Students enrolled in any program of BBD University are eligible to apply



**COURSE DURATION**  
30 Hours



**LAST DATE TO APPLY**  
06 March 2024



**COURSE COMMENCEMENT**  
11 March 2024

**CLICK ON THE LINK TO APPLY**



<https://shorturl.at/dlxA1>

**Or Scan the Code below**



For further details, contact:

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