

## **INDIAN ASSOCIATION FOR THE CULTIVATION OF SCIENCE**

**2A & 2B, Raja S.C. Mullick Road, Jadavpur, Kolkata-700032, India**

Stress Management Seminar as part of observance of Self Harm Awareness Month

**Topic:** Being mindful to Stress Management

**Speaker:** Navnita Bose, Psychological Counsellor, IACS

**Date and Time:** March 06, 2020 at 4:00 p.m.

**Venue:** MLS Hall, IACS

**Abstract:** Stress is the reaction people have to excessive pressures or other types of demand placed upon them and that is beyond their coping resources. There is no single level of stress that is optimal for all people. Based on the premise that the mind and body are intimately interconnected, the presentation will focus upon the world of stress and stress management using concepts such as mindfulness, relaxation etc.

All are cordially invited to attend.