



**B.V. Patel Institute of Management,
Uka Tarsadia University.**



Date: 28/11/2018

Session on All is Well – A Brain Balance

A session on “All is Well – A Brain Balance” organized for first year BBA, B.Com and Int. M.Com students of B.V. Patel institute of Management and B.V. Patel Institute of Commerce, Uka Tarsadia University. The program was designed to spread the awareness among young students about Stress and how it affects their health and life in totality. The program featured various important facets like, What is Stress? What are various causes of stress?, Symptoms of stress and how can one eliminate stress through various techniques universally accepted. The students were also asked to indulge in activities and interaction with the faculty members so that they can overcome some common inhibitions that might lead to development stress in them. All around the session focused on explaining the young buds regarding various types of stress that they might encounter and remedies to overcome those situations in best possible way through real life examples and illustrations.

