



**Gyanmanjari Innovative University**

**Department of Electrical Engineering**

## **STRESS RELIEF ACTIVITY**

The Department of Electrical Engineering had organized the stress relief activity for diploma engineering students. It was organized on **February 19, 2024 (Monday)**. This activity proved to be very helpful to students regarding maintaining of stress along with the studies in the academics. Students were motivated to balance the studies along with the academics in their regular life. Various indoor activities were carried out and students are involved in each of activities. Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive.

The ultimate goal is a balanced life, with time for work, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. Under the guidance of Head of department Prof. Niti Gupta ma'am, students gained much knowledge and were inspired.





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