

INVITATION

Physics Club, M.L.S.M. College Sundernagar

Invites you to attend a lecture on

STRESS MANAGEMENT

Date: August 30, 2017

Time: 12:00 Noon

Venue: Seminar Hall, LSIBET Building

Stress can lead to problems at the individual, work, and organizational levels; and also causes health problems, social and family disruptions

Nishant Thakur

Secretary

Ajay Kapoor

President