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**Presents**  
1st Virtual WorkShop on  
" **Stress Management** "

**Key Note Speaker**



**Dr. Pawanindra Lal**  
Executive Director  
National Board of Examinations  
Director Prof of Surgery  
Maulana Azad Medical College

**Moderator**



**Sanjay Anand**

Founder  
Shanvi Infotech  
Corporate Trainer  
Art Of Living

- Learn about physiological impact of chronic stress in the body and mind
- Learn effective ways to manage stress in a corporate environment
- Learn techniques to build immunity in Covid times
- Learn how to create effective work life balance in your life
- Lifestyle changes important for holistic wellness

**Join us on Friday, 14th ,August 2020**  
**From 04 pm to 05 pm**

For participation write to us on [info@workjunction.in](mailto:info@workjunction.in)

Website : [www.workjunction.in](http://www.workjunction.in)