



**GRADUATE SCHOOL OF MANAGEMENT STUDIES**

**Gujarat Technological University**

(Accredited with A+ Grade by NAAC)

**(HR Club Activity)**

**Expert Session on  
Stress Management**

**Date: 29-03-2023**

**Time: 01:30pm to 03:30pm**

An Expert session is organized as under.

Name of Expert: Dr. Reshma Sable

Designation: Dean Management Faculty & Associate Professor

Affiliation: IIIM, Charusat, Changa

Topic: Stress Management

Date: 29/03/2023

A Guest Session on Stress Management is organized under the Global Knowledge Management subject as per above mentioned details. The expert has nicely explained the concept of Stress Management and how to deal in the organizations. The students have highly appreciated the guest session and enjoyed a lot in the session. More than 10 students have actively participated in the session. The photograph of the same is available as under.



The expert has also appreciated the involvement and dedication of students. The lecture was organized by course coordinator Dr. Pulkit Trivedi.