

**PU-ISSER, PANJAB UNIVERSITY, CHANDIGARH**

**Notice**

A lecture is being organised on the topic "Stress Management Techniques for the Youth"

Sh. Vivek Atray, motivational speaker and former civil servant will be the Resource Person. The lecture will be held on November 27, 2019 at 11 a.m. at Seminar Hall, PU-ISSER.

Students are encouraged to enrol for the same.

*Kahlou*

**Coordinator**

**PU-ISSER**

**Panjab University**

Coordinator

PU-ISSER

Panjab University

Chandigarh.