

Women Cell in collaboration with SDG's Club organised a counselling session on 'Stress should be a powerful driving force, or an obstacle' at Aggarwal College Ballabgarh on 12th September, 2022. Dr. Geetanjali Gupta Kesri, Consultant Neuro-Psychiatrist, Kesri Clinic delivered a talk on this theme. She discussed in detail about the idea of stress. Stress always challenges an individual. It is a response or reaction of the mind and body to real or imagined threat, event or change. She explained whether stress is always harmful or not. She defined in detail that health is not just about physical health but also focuses on mental and emotional health. The session was an interactive one as Dr. Geetanjali addressed doubts of many students. Overall the topic gave immense insight to the concept of health and stress. Vote of Thanks was given by Dr. Geeta Gupta, Associate Professor, English. The event was attended by 120 students. All the coordinators of SDG club were also present. Dr. Manoj Shukla, convenor of the SDG Club was also present. Aggarwal College Ballabgarh keeps organising such events from time to time for the benefit of students and all its stakeholders.