



GANGA DEVI MAHILA MAHAVIDYALAYA

NAAC accredited grade 'B'
Lohiya Nagar, Kankarbagh, Patna
A constituent unit of Patliputra University, Patna



Title: Stress management and sleep hygiene (Lecture and Interaction)

Date: 09/03/22

Sehat Kendra and IQAC organized a Mental health awareness webinar on 9/03/2022 on the topic "Stress management and sleep hygiene". Expert Dr. Shailendra Kumar Mishra, MD Psychiatry (IMS BHU), Asst Prof, Govt Medical College, Banda, UP was the speaker.



Ranjana Singh
PRINCIPAL
GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20