



## DELHI INSTITUTE OF ADVANCED STUDIES

Plot No. 6, Sector-25, Rohini, Delhi-110085

(NAAC Accredited 'A' Grade Institute)

(Approved by AICTE and Affiliated with GGSIP University, Delhi)

(An ISO 9001:2015 Certified Institution)

### HEALTH PROGRAMME -II (ANXIETY AT WORKPLACE)

DIAS organized a session on “Anxiety at Workplace” for the faculty, staff and students of MBA on 30<sup>th</sup> August 2017. The session aimed at training the audience about managing work related stress and anxiety. It also included a brief session on meditation. The students participating in the meditation session learnt ways and techniques which can be implemented in their future working life to deal with stress and live happily.

