

THAKUR RAMNARAYAN COLLEGE
OF ARTS AND COMMERCE

NAAC ACCREDITED ISO 21001:2018 CERTIFIED



MANAGEMENT DEVELOPMENT PROGRAM

ON

STRESS MANAGEMENT AND HOLISTIC DEVELOPMENT



RESOURCE PERSON

MR. KIRTI ASTIK



10:00 AM - 11:30 AM



6-8 APRIL 2026



SEMINAR HALL

