NSS Activity - Stress to Stability (29 September 2026)

On 29 September 2026, the NSS Unit in association with the Leo Club organised an interactive session titled “Stress to Stability” by Mrs. Varsha Palkar.

The session provided valuable insights into understanding and managing stress through engaging activities and practical exercises. Students participated enthusiastically and gained useful techniques for maintaining emotional well-being and achieving stability in their daily lives.

A total of 94 students, 4 NSS Programme Officers, and 1 faculty member attended the programme, making it an enriching and impactful learning experience.

