

# Tecnia Institute of Advanced Studies

Grade " A " Institute  
Trainging & Placement Cell

## Management Development Program

for the Management and Staff of

### Minorities Development & Finance Corporation

(A Government of India Undertaking , Ministry of Minority Affairs)

Venue: National Minorities Development & Finance Corporation Delhi

### Topic: Training on Soft Skills (Stress Management)

Date:- 23/09/2022

Time: 3:30 PM to 5:00 PM

Resource Person: **Dr. Ashutosh Bajpai, Professor – Department of Management Sciences, Tecnia Institute of Advanced Studies**



Welcome of the Resource Person Dr. Ashutosh Bajpai, Tecnia Institute of Advanced Studies



Dr. Ashutosh discussing the elimination of stress through self-awareness with the beneficiaries



Beneficiaries taking cues in the session



Dr. Ashutosh handling question & answer session