

Organized by

Department of Human Resource Development Centre (HRDC), IEM-UEM Group, Kolkata

SPEAKERS



Dr. Aditi Bandyopadhyay,
IPGMR-SSKM Hospital



Dr. Sreemoyee
Tarafder, WBSUB



Dr. Mallika Banerjee,
University of Calcutta



Dr. Ritwika Basu,
Industrial
Psychologist



Dr. Samapika Das
Biswas, IEM Saltlake



Dr. Kriti Sarkar, IEM
Newtown

Broad Topics

Application of Dance and Movement Therapy in Management of Stress

Stress Proof Your Life

Destressing Through Music

Stress Quotient: Assessing and Navigating Life's Pressures

Organizing Committee

Dr. Samapika Das Biswas

Dr. Rajendrani Mukherjee

Prof. Kajari Sur

Dr. Sukanya Mukherjee

Institute of Engineering & Management, Saltlake
University of Engineering & Management, Kolkata

Convenor

Prof. Dr. Mohuya Chakraborty

Dean HRDC and Principal, Ashram Campus,

Institute of Engineering and Management, Salt Lake
University of Engineering and Management, Kolkata



8-11, 15 January, 2024



16:15 IST - 15:15 IST



Institute of Engineering & Management, Ashram
Building, GN-34/2, Sector - V, Saltlake Electronics
Complex Kolkata - 700 091, West Bengal, India



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(No Registration fee)