

# *MANAGING STRESS AND FINDING INNER PEACE*

## **DR. ANURAG JOSHI'S MOTIVATIONAL TALK**

~ Karmanpreet Kaur (XI-C) & Gurleen Kaur (XI-C) ~

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On November 23, Modern Senior Secondary School hosted Alumni Inspirations Episode 14, featuring Dr. Anurag Joshi, HOD of Electrical Engineering at Thapar Polytechnic College,

practical activity on meditation, engaging the students and demonstrating effective techniques for managing stress.

The students actively participated in the session,

**Patiala**, as the chief guest.

Dr. Joshi, a renowned expert in his field, has delivered keynote speeches at various prestigious institutions, including **NITTTR, Jindal Group, Oman**, and **Desh Bhagat University**.

During the event, Dr. Joshi shared valuable insights on stress management and meditation. He displayed informative slides and even conducted a

asking thoughtful questions and seeking guidance from Dr. Joshi. His responses were enlightening and helpful, providing the students with a deeper understanding of the importance of stress management.

Overall, the event was a huge success. His insights have left us with valuable perspectives and we truly appreciate Dr. Joshi's inspiring talk.

