



STUDENT WELLNESS TALK

From Pressure to

Performance.

Stress Management Strategies for Students — a guided session on building resilience, reclaiming calm, and turning academic pressure into personal growth.



FEATURED SPEAKER

Swami Vedasarananda

Secretary, Ramakrishna Mission Hospital, Itanagar



DATE

12th March 2026

Thursday



TIME

11:00 AM

onwards



VENUE

Conference Hall

Ground Floor, MCB
Cotton University

ORGANISED BY

Guidance & Counselling Cell

Cotton University

Guwahati, Assam