



## **GUEST LECTURE**

**On**

***“Stress Management for Peace of Mind and Better Performance & Productivity”***

**13<sup>th</sup> March 2021**

**Organized At**

**School of Pharmaceutical Sciences**

**Integral University, Lucknow**

### **Brief Report**

An educational, interactive and motivating *one hour session* of ‘*Guest Lecture*’ was held on *13/03/2021* at School of Pharmaceutical Sciences (SPS), Integral University, Lucknow.

The event was hosted by Ms. Widhilika Singh, Lecturer & Activity Coordinator, SPS. The event began with a welcome address and a brief introduction of the chief guest. Our guest of honor **Dr. Azhar Mahmood Farooqui** was welcomed by Mr. Irfan Aziz, Principal SPS and spoke about the achievements of Dr. Farooqui. Our guest speaker is MBBB, MD in Psychiatry from KGMU, Lucknow. He is a leading Consultant Psychiatrist & Assistant Professor at Integral Institute of Medical Sciences and Research, Lucknow with 10+ years of rich experience.

He has explored the field of psychiatry and contributed to the society with his research work on ‘*Psychiatric comorbidity in patients of opioid injection drug users*’. He has also published research paper on ‘*Psychological distress during each phase of covid-19 pandemic among Indian adults*’.

He addressed the listeners involving 7 faculty members and 36 students present in the Lecture Hall – 01, SPS with his in-depth knowledge on the topic entitled ‘**Stress Management for Peace of Mind and Better Performance & Productivity**’.

He explained to students about various stimuli of stress and how to manage them. He shared combating strategies for stress of exam pressure. He also discussed the different traits of personality and to apply ego as a realistic approach in day to day

activities. Lastly he guided the audience on how to avoid distractions & gain focus to achieve goals & emphasized on the importance of questioning.

The vote of thanks was given by Mr. Irfan Aziz, Principal SPS and presented a small token of gratitude to our chief guest.

*The students found the session interesting and beneficial.*

