

# Webinar



## Stress Management & Counseling Session



**Speaker**  
**Dr. Amrita Dass**

Founder - Director, Institute  
for Career Studies (ICS),  
Lucknow

- *There are so many career options available –you can easily make your passion, your profession.*
- *How to manage Stress in today's world of cut throat competition.*

Resolve Career & Stress Issues

Class XI & XII



**AUGUST, 2021**

**11:15 a.m.**

**Link for the Webinar**

<https://www.youtube.com/channel/UCbovTSRbgcUxywnSx6JXf7Q>