

Workshop on Stress Management and Prevention of Drug Abuse at SBSPGI

Uttarakhand Technical University, Doon Medical College and PARI Foundation held a workshop on “Prevention of Stress & Prevention of Drug Abuse” at SardarBhagwan Singh PG Institute of Biomedical Sciences & Research, Balawala on 8 April.



Dr.Sona Kaushal, Neuro-Psychologist & Director, PARI Foundation addressed the students & teachers and empowered them to say NO to stress and drugs. Students obtained knowledge about side-effects caused by drugs and stress which directly affect their health. Thereafter, there was an interactive session with the students in which Dr.Kaushal answered the numerous questions asked by students related to stress and drug addiction. Dr.Manpreet, Dr.Rohini&SandeepAggarwal from Pari foundation also attended the session.