

### **National Youth day lecture 2023 celebration at ICAR – IARI, New Delhi**

ICAR –IARI, New Delhi celebrated National Youth Day Lecture as a part of IARI Guest Lecture Series 2023 on 12<sup>th</sup> January, 2023 in online mode. On this occasion Dr Meena Mishra, Director, Brain Behaviour Research Foundation of India, New Delhi was the speaker. The topic of the talk was “Positive psychology for stress management in youth”. The talk was organised in the august presence of Dr A.K. Singh, Director IARI New Delhi, Dr Anupama Singh, Dean and Joint Director (Education), IARI New Delhi, faculty and students of the institute.

Dr Mishra emphasised on the need of a well set bio-clock and sleeping pattern for physical and emotional well-being. Exercise, physical activity, aerobics are the essential to avoid stress for the people of all ages. Controlled use of electronic devices like mobile phones is required. Further, meditations, deep breathing, yoga, socialization, following passionate activities on regular basis is important. Moreover, avoiding junk foods and maintaining balance diet is a pre-requisite to live and physically and mentally sound life. Furthermore, she stressed on positivity in life can be achieved through proper planning of work and maintaining a work-life balance. About 350 people joined this lecture online. It was really a very effective lecture for stress management and was appreciated a lot.