

Three day training programme on “Health and Stress Management”

A three-day training program on "Health and Stress Management" was held at Kwar HE Project, Kishtwar, from 23rd to 25th October 2024, led by Dr. Vishal Gaur, President of Sampurna Health (NGO) and Honorary Consultant at Max Hospital. Dr. Gaur, who has extensive experience as a visiting faculty for government ministries, PSUs, and MNCs, provided insights on managing major health concerns. The training covered topics like diabetes, hypertension, joint pains, obesity, cancer, and stress management. Participants gained valuable knowledge and practical strategies to address these issues effectively, enhancing both personal well-being and professional resilience.

