

Indian Institute of Space Science & Technology (IIST)

An autonomous institute under the Department of Space,
Govt. of India, Thiruvananthapuram.



Half-day Workshop on “Stress Management and Well-Being in Research Life”

For students, scholars, faculty and staff

Organized by
Internal Committee and
Gender Sensitization Committee
In association With IQAC



All are welcome

Dr. Shabu
Psychologist
& Counsellor, IIST.



 **09:30 am to 01:00 pm**

 **18th February 2026**

 **Admin Council Hall**

**Navigate and equip our academic life by focusing on
Stress & Emotional Health,
Interpersonal Dynamics
Focus & Efficiency, Balanced Environment**

Scan here to register

