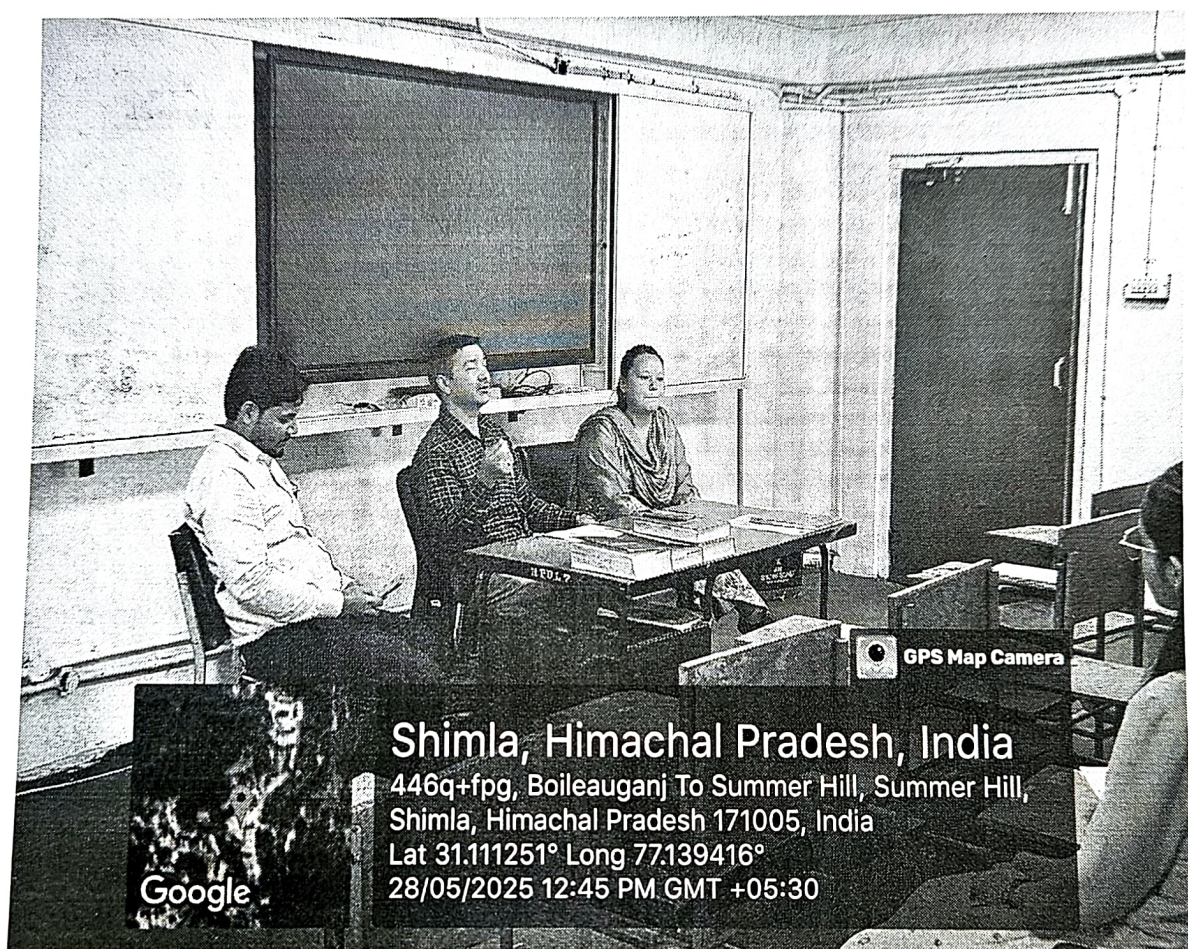


**Himachal Pradesh University**  
**NAAC Accredited 'A' Grade University**  
**Department of Library and Information Science**

**Report on Guest Lecture on Stress Management through Physical Education :**

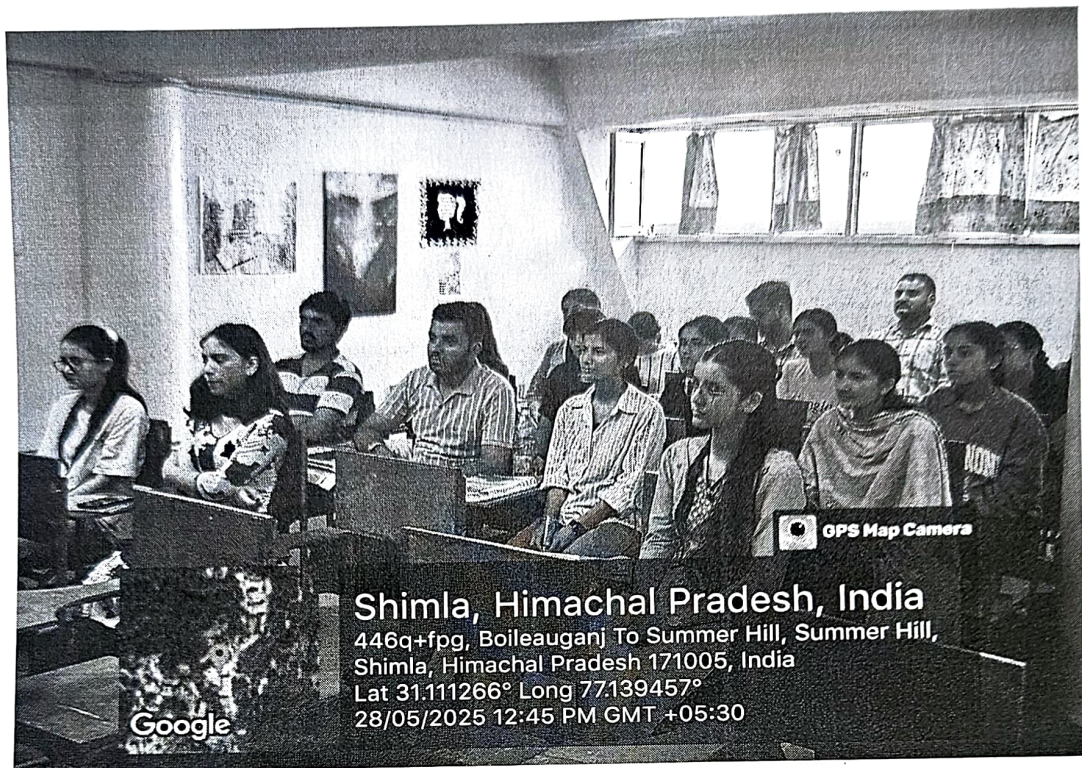
The Department of Library and Information Science organized a guest lecture on “**Stress Management through Physical Activities**” on 28th May 2025. The session was delivered by **Prof. Hari Singh Thakur**, Chairman, Department of Physical Education, Himachal Pradesh University.



*Handwritten signature*



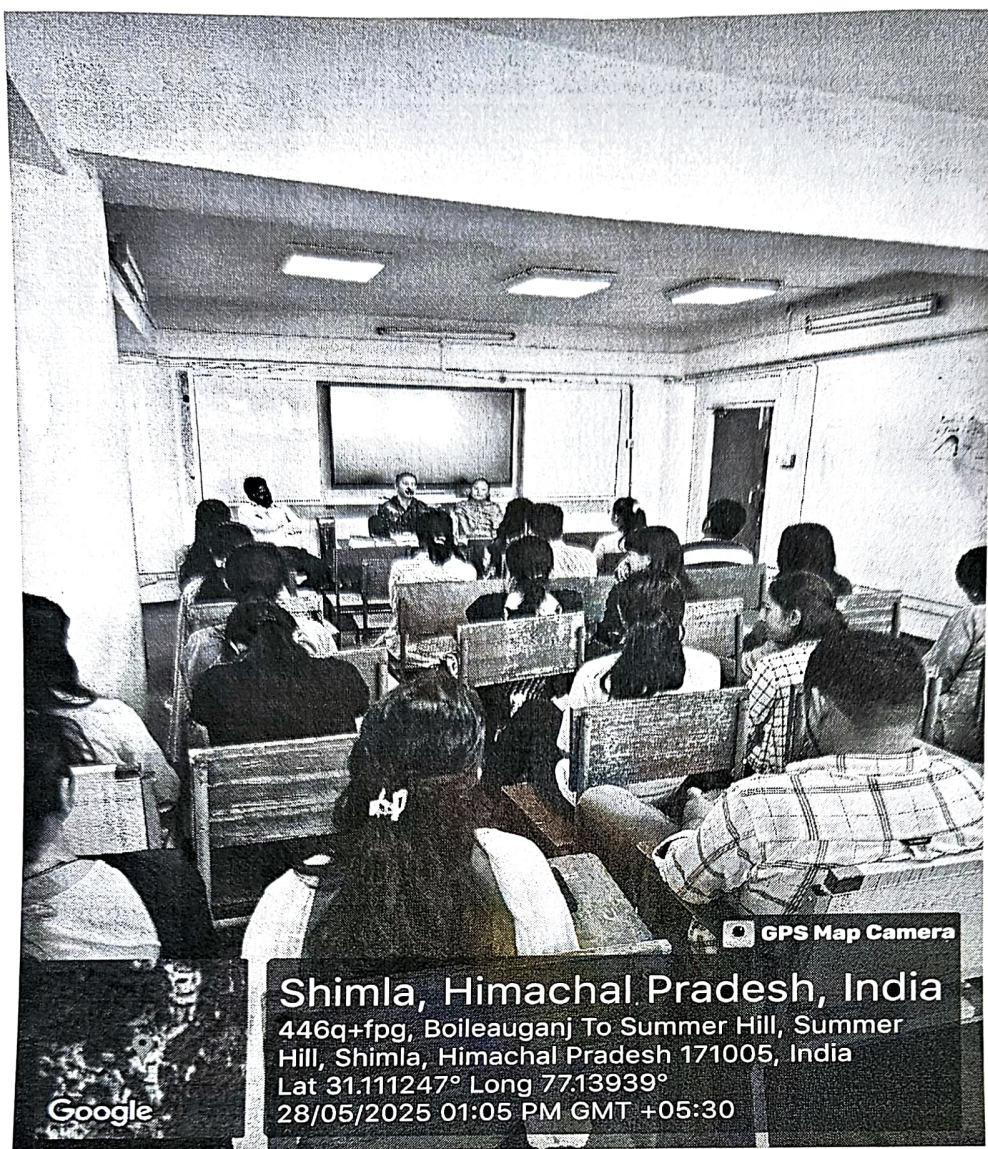
The primary objective of the lecture was to raise awareness among students and faculty about the crucial role of physical activity in managing stress, improving mental well-being, and promoting a healthy lifestyle. Prof. Hari Singh Thakur emphasized the increasing levels of stress faced by students in academic life and shared practical strategies to cope effectively through regular physical exercises, relaxation techniques, yoga, and maintaining a balanced routine.



A total of **21 students** from the B.Lib.I.Sc. and M.Lib.I.Sc. programmes participated in the session, along with the guest faculty members and non-teaching staff of the department. The lecture included interactive segments where students were encouraged to share their personal challenges and experiences related to stress. Prof. Thakur addressed their queries, provided individual suggestions.


2/8





The session received positive feedback from participants, who appreciated the engaging delivery, and the practical tips provided.

The event concluded with an expression of gratitude to Prof. Hari Singh Thakur for his valuable time, insights, and dynamic presentation

  
Chairman,  
Department of Library and  
Information Science  
H.P. University, Shimla-1710