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**LECTURE ON SELF-MOTIVATION**

Faridabad: The department of management studies of JC Bose University of Science and Technology, YMCA, on Monday organised an expert lecture on self-motivation and stress management by Nupur Tewari, an internationally acclaimed healer and motivational speaker from Heal Tokyo organisation in Japan. Nupur has a vast experience of working with Japanese corporates and various international schools. During the lecture, Nupur enlightened students on stress management, self-realisation, self-discipline and self-motivation. She discussed with the students how they can increase their confidence level and different modes through which they can explore their potential and channel it in the right direction.

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