Session 1: 10:30-11:45
- Title: Shot's Perception of Men's Maximal (HR) Stress Assessment and Recovery of Kuwait.
  - Presenter: Zhang Min (Chinese University of Hong Kong)
  - Description: The study evaluated metabolic factors and compared men's responses to different types of stressors.

Session 2: 11:45-13:00
- Title: The Effect of a Community-based Stress Management Program on the Stress and Resilience of Students in the Health Care Program (Opening Ceremony)
  - Presenter: Park Chul (Seoul National University)
  - Description: The presentation focused on the effectiveness of a community-based program in enhancing students' resilience.

Session 3: 13:00-14:15
- Title: The Effect of Different Types of Stress Management on Stress and Resilience of Students in the Health Care Program (Opening Ceremony)
  - Presenter: Kim Joon (Kyungpook National University)
  - Description: The study compared the impact of various stress management techniques on students' stress levels.

Session 4: 14:15-15:30
- Title: The Effect of Different Types of Stress Management on Stress and Resilience of Students in the Health Care Program (Opening Ceremony)
  - Presenter: Lee Young (Ewha Womans University)
  - Description: The presentation explored the effectiveness of different stress management strategies on students' resilience.

Session 5: 15:30-16:45
- Title: The Effect of Different Types of Stress Management on Stress and Resilience of Students in the Health Care Program (Opening Ceremony)
  - Presenter: Choi Yoon (Korea National University of Education)
  - Description: The study evaluated the impact of various stress management techniques on students' resilience.

Session 6: 16:45-18:00
- Title: The Effect of Different Types of Stress Management on Stress and Resilience of Students in the Health Care Program (Opening Ceremony)
  - Presenter: Kim Jeong (Korea National University of Education)
  - Description: The presentation focused on the effectiveness of different stress management strategies in enhancing students' resilience.

Raffle Draws: 18:00-18:15