

Guest Lecture on STRESS MANAGEMENT

DATE: 01/10/2019

Event Coordinator(s):

1. Dr Bhagyashree Chari

Guest Speaker(s):

- 1. Ms Madhavi Gandhi
- 2. Ms. Akshara More

Time& Place:

Seminar Hall, XIE

3.30 p.m.-4.30 p.m.

Department:

Applied Sciences & Humanities, First Year Engineering

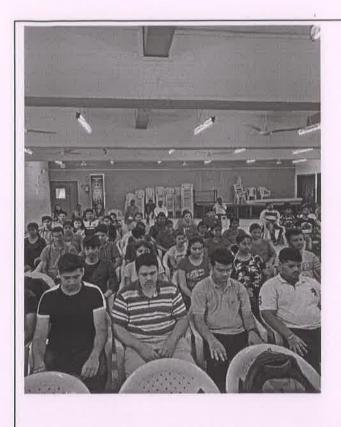
No of participants:

100 F E students from all divisions

- > The objective of the session was to make students aware of the different causes of stress and how to deal with it.
- > Various forms of stress were discussed and students actively participated in the discussion.
- > The speaker made the students to perform stress buster activities which they thoroughly enjoyed.







No official feedback taken

Dr. Bhagyashree Chari Asst. Professor, ASH, FE Dr. Madhavi Parimi HOD, ASH, FE

Dr. Y. D. Venkatesh Principal, XIE