

**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.



Images



No official feedback taken

Dr. Bhagyashree Chari  
Asst. Professor, ASH, FE

Dr. Madhavi Parimi  
HOD, ASH, FE

Dr. Y. D. Venkatesh  
Principal, XIE