



Regn. No.: BLU-S534-2005-06

# ಚಿನ್ಮಯ ಸೇವಾ ಸಂಸ್ಥೆ (ರಿ)

## CHINMAYA SEVA SAMSTHE (R)

### चिन्मय सेवा संस्थे (रि)

Ref. :

Date : .....

Event: Collaboration Programme

Date: 15 March 2021

Venue: Chinmaya Seva Samsthe

Collaboration Programmes gives an opportunity to the students of one institute to study or attend various educational programmes in a partner organization for short duration of time. Such exchange programmes provides a different learning environment and learning experience to the students of both the collaborating institutes. St. Francis de Sales College has collaborated with CHINMAYA SEVA SAMSTHE for collaboration programme. Under this collaboration, students from SFS College attended a workshop on "Personality Development, other programs connecting to students in community level at CinmayaSevaSamshte, Bangalore.

Stress has become a bane of modern fast-paced life and the student community is not left untouched by stress. Students are often pressurized by their parents to perform well in studies. Students also experience immense peer pressure. It is imperative that students learn how to manage stress effectively. Keeping in mind the growing impact of stress on students, CHINMAYA SEVA SAMSTHE planning to organize a workshop, seminar and training programme on 15 march 2021 to April 19th 2022. Students of SFS College attending the workshop seminar, training and greatly benefiting from the new knowledge form Programme.

The students will learn about good and bad stress and how to manage stress effectively. The students of SFS College also got an opportunity to interact with the students and faculty of CHINMAYA SEVA SAMSTHE College and gain new perspectives on how to handle stress.

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