



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University | Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act
A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Career Development and Stress

Date: 11 March 2019

Venue: Auditorium

Conducted By: Dr. Krishnamurthy.V.S

Organised By: M.Sc. Psychology Dept.

REPORT OF THE EVENT:

Stress is something that each and every human being experience in life. Although debilitating, it cannot be considered an illness. Stress arises when there is a lack of balance between the demands of our lives and the resources available to cope with it. Reactions to stress depends upon each individual's capability to handle it both physically and mentally. If you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life. It may seem like there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. But you have a lot more control than you might think.

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you. The following stress management tips can help you do that.

Electronics City P.O., Bengaluru - 560 100

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To help students understand how to deal with stress, a session was organised on the topic 'Dealing with stress' for the undergraduate students of SFS College on 10th March 2019. The resource person of the session was Dr. Krishnamurthy.V.S. He has been involved in a variety of research activities and has received several recognitions for his research works in Psychology. He has been teaching Psychology for over 12 years and also writes columns for newspapers.

The session began with an ice breaking activity for student to engage them. The speaker then moved to give a brief introduction on stress and its subtypes. The session progressed with a detailed account on the causes of stress. He mentioned that that stress could have both physical as well as emotional symptoms and it may differ from person to person. Timely realisation is what is important. The session was then opened for a question and answer time for 10 minutes. In the second half of the session, the speaker addressed about sources and reasons of stress with reference to student life. He emphasized that time management and proper planning is what goes a long way in helping students deal with their stress. He also said that the most important thing to keep in mind while dealing with stress is to accept it and not be overwhelmed by it. He demonstrated few exercises that students can do on a daily basis to manage stress on a daily basis. The speaker also gave tips for students on how to overcome stress and spread positivity in life. The session ended with an open forum and discussions on all student queries on stress. The session concluded with a vote of thanks by the student representative.

Resource Person: Dr. Krishnamurthy.V.S

Dr. Krishnamurthy.V.S. He has been involved in a variety of research activities and has received several recognitions for his research works in Psychology. He has been teaching Psychology for over 12 years and also writes columns for newspapers. He is a career counselling expert, and taken classes for students and working professionals.

Co-ordinator
Internal Quality Assessment Cell
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100.

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Question answer session with resource person

Royce
PRINCIPAL

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Maya

Co-ordinator
Internal Quality Assurance Cell (IQAC)
St Francis de Sales College
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Attendance:

SL NO	NAME	REG NO
1	SANGEET TIGGA	16H013
2	ABHILASH V	16C001
3	AJITH KUMAR M	16C002
4	STUTI TALWAR	17PCM015H
5	VEDHAVATHI V	17PCM017K
6	DIVYA A	17PCM018TA
7	PRASHANTH YADAV G	17PCM019S
8	MAYANGLAMBAM ROCK SINGH	17PCM020E
9	DEVANDLA KALYAN RAMUDU V	17PCM021K
10	BAHARUNNISA M H K	17PCM022H
11	TEJAS V	17PCM023K
12	KABILAN C	16C013
13	KALAVATHI M	16C014
14	KAVYA R	16C015
15	KEERTHI R	16C016
16	KIRAN G R	16C017
17	KRISHNA C	16C018
18	LIKITH KUMAR K V	16C019
19	M YESHWANTH KUMAR	16C020
20	MANJULA B	16C021
21	MANOJ KUMAR V P	16C022
22	MARY JENITHA P	16C023
23	MEGHANA K	16C024
24	MOHAN R	16C025
25	MUBARK N	16C026
26	NAVYASHREE M	16C027
27	NIKHIL M	16C028
28	NARAYANA DEEKSHITH	T18C147K
29	CHARAN KUMAR J	T18C150K

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30	MANOJ KUMAR C	T18C149K
31	PREM A	T18C148K
32	AMITH R	R17C203K
33	MUZAMMIL AHMED M	R17C223H
34	BHAVYASRI J	D18C224
35	PALLAVI S K	D18C225K
36	APEKSHA B V	D18C226K
37	AMITH RAJ H M	T18C224K
38	DEEPA RANI Y	T18C222K
39	SHIVANGI SAHA	T18C223H
40	MANISH A GOYAL	T18C311H
41	NAVEEN KUMAR K S	T18C310K
42	HARISH R	T18C309H
43	MAMATHA RANI A	17NCSM8001
44	MANASA B A	17NCSM8002
45	RAKESH S	17NCSM8003
46	SARAH GABRIEL	17NCSM8004
47	AISHWARYA M	160E02
48	AKSHATHA S	160E03
49	J .JHANSI	160E04
50	JOHN BRITTO	160E06
51	PAVITHRA A V	160E08
52	PRABHU CHETHN S	160E09
53	R VENKATESH	160E10
54	RANJITH KUMAR S	17NCCOM023
55	RAVINA LOHAN K	17NCCOM024
56	SALEENA MARY A	17NCCOM025
57	SHASHI KUMAR M	17NCCOM026
58	SHOBHA C	17NCCOM027
59	SHOBHA R	17NCCOM028
60	SHOBHA S	17NCCOM029
61	AISHWARYA R	18B002K
62	ALEX A	18B003K
63	AVINASH M	18B004K
64	BHARATH V	18B005K
65	BHAVANI R	18B006K
66	BUDHRAJ M	18B007H
67	DEEP R	18B008K
68	PANTATHANUCHAI MONTHON	18JPE097E
69	UDOMDET CHAKRIT	18JPE098E
70	PANYAI ARNON	18JPE099E
71	HARISH GT	16B005
72	HEMA .C	16B006
73	J JENISHA	16B007
74	KALAIYARASI R	16B008

75	KIRAN KUMAR J	16B010
76	M SHALINI	16D012
77	MANI KANTA V J	16D013
78	MANISH BHARTI	16D014
79	MANJUNATH R	16D015
80	NINGARAJ L	16D016
81	NITHISH S	16D018
82	PRADEEP AGNEL	16D019
83	PRIYA V	16D020
84	BASAVA RAJU M	17NCCFC001
85	BHAVANA L	17NCCFC002
86	MAHIMA ANJALI	17NCCFC003
87	UMA M	17NCCFC004
88	CHANDRASEKAR R	17C014TE
89	CHIPEMWON KAPING	17C015E
90	DEEPALI M S	17C016K
91	DELIN SEBASTIAN	17C017M
92	DIVYABAI K	17C018K
93	ESTHER CHRISTINA A	17C019K



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