



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved | Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

REPORT ON DEPARTMENT ACTIVITY STRESS MANAGEMENT

<i>Title</i>	<i>Skill Development Session On Stress Management</i>
<i>Date Of Event</i>	<i>20/2/2023</i>
<i>Department/ Association</i>	<i>Hindi Department/ Surabhi Association</i>
<i>Venue</i>	<i>Seminar Hall</i>
<i>Number Of Participants</i>	<i>82</i>
<i>Resource Person(S) With Qualification</i>	<i>Miss. Shailee Prasad Student Msc Final Year St. Josph University</i>

Objective: How to manage Stress.

On behalf of Hindi Department – SURABHI ASSOCIATION: *STRESS MANAGEMENT* was conducted on 20/2/2023 for III Sem Hindi students. It was conducted by Ms. Shailee Prasad, a second year M.Sc. Counselling Psychology student from St. Joseph's University. The session was attended by 82 Hindi students from III semester.

In today's day and age, stress has been an integral part of life because there are many things which act as a catalyst in increasing stress. It is not limited to adjustments alone, but all areas of life. Stress is increasingly affecting children of all age groups. Stress management among students in universities and college is a hit-or-miss matter. In order to tackle this matter, most of the colleges and universities schedule optional stress management classes, but students often lack the time to attend the same. An attempt is made through this seminar to know the impact of stress among students and the necessity

of managing it in order to make the learning effective.

Overall, it was enjoyable and a learning experience for the students as they could relate to the inner mechanisms of stress and pressure and, could reflect on their adaptive and maladaptive coping strategies. The students participated with enthusiasm and shared their thoughts and experiences with the class.

Outcome: a learning experience for the students as they could relate to the inner mechanisms of stress and pressure and, could reflect on their adaptive and maladaptive coping strategies.

Report Prepared by:

Deva Prasad

Report Verified by:

[Signature]

COORDINATOR
Desalite Skill Development Cell
St. Francis de Sales College
Bengaluru - 560100

Report Approved by:

[Signature]

PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100

GEO-TAGGED PHOTOS

