



A J INSTITUTE OF ENGINEERING AND TECHNOLOGY

NH-66, Kottara Chowki, Mangaluru -575006, Karnataka, INDIA

A Unit of Laxmi Memorial Education Trust®

(Approved by AICTE, New Delhi. Affiliated to Visveswaraya Technological University, Belagavi)


NAME OF THE EVENT:	STRESS MANAGEMENT
ORGANISING DEPARTMENT / COMMITTEE :	CIVIL ENGINEERING
DATE :	04.09.2021. (10.00AM – 1.00PM)
NAME OF THE RESOURCE PERSON :	Dr. Malini Desai, MD Homeopathy, Associate Professor, Department of OBG Mahalaxmi Homeopathic College, Satara
NO OF PARTICIPANTS :	50

The Department of Civil Engineering in association with student association TEAM RESILIENCE, had conducted Webinar on “STRESS MANAGEMENT” for students and faculties on 04 September 2021. The main objective of talk is to Understand the nature of stress and its impact on health and behavior. In total 50 Participants took active part in the webinar. Dr. Malini Desai, MD Homeopathy, Associate Professor, Department of OBG Mahalaxmi Homeopathic College, Satara was the Resource person for the talk.

Objectives:

- To educate participants about the nature of stress, its causes, and its effects on physical and mental health.
- To help participants identify personal and professional stressors in their lives.
- To enhance participants' emotional resilience and ability to cope with stress effectively.




Principal
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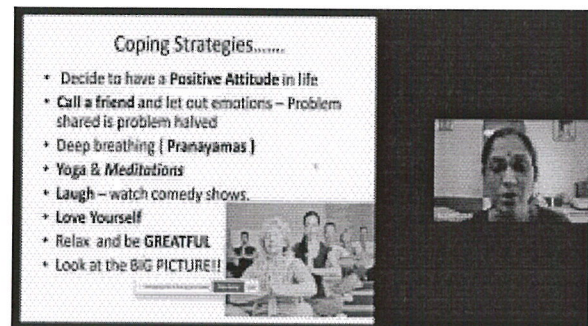
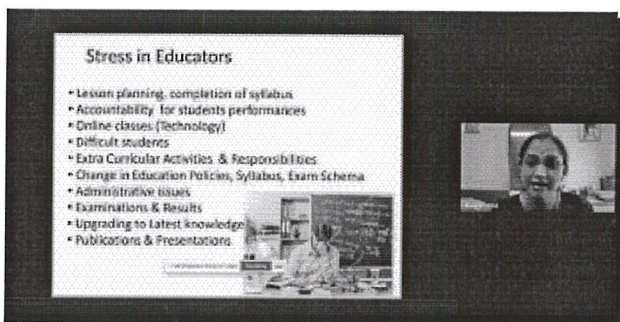
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Outcomes:

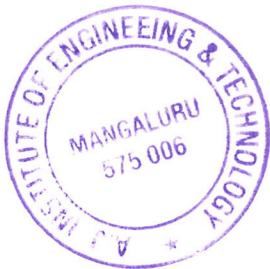
- Participants gain a better understanding of stress and its impact on their health and well-being.
- Participants adopt healthier lifestyles and habits that contribute to overall well-being and stress reduction.
- Increased use of support systems and resources, providing ongoing assistance and reinforcement of stress management practices.



A webinar on ‘Stress Management’ by the resource person Dr. Malini Desai, MD Homeopathy, Sutara

EVENT COORDINATOR

PRINCIPAL



Principal
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