



DKM COLLEGE FOR WOMEN(Autonomous) VELLORE.

DEPARTMENT OF MANAGEMENT STUDIES

EMPOWERMENT THROUGH EDUCATION

DATE : 27.07.2016

SEMINAR ON “STRESS MANAGEMENT”

BY

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CONSULTANT, PSYCHIATRIST AND COUNSELLOR

VENUE : ‘D’ BLOCK CONFERENCE HALL

AT 2:00 PM

REPORT OF THE PROGRAMME

The programme was started at 2:30 pm with Tamizh Thai Vazhthu. The Chief Guest was welcomed by HOD, faculties and students. Mrs. Rajeswari. P has given the welcome speech and read out the profile of the chief guest. The token of honor was gifted by HOD Mrs. Shyarin. H to the honourable chief guest. The stage was all set for the resource person to take a seminar on Stress Management. Chief guest posted the need of the hour about stress. The news headlines have definitely made it clear that the need for stress management should be one of the top agendas in modern days society. She has encouraged students to submit their major stress in a piece of paper with or without their identity. The students were submitting the paper with enthusiasm to the resource person. The session went well with power point presentation for about 2 hours. At the end of the session the psychiatrist encouraged students to open up any queries related to stress. Many students volunteered and posed the questions and all the questions were answered by the chief guest. The session went as interactive as expected. Students from Psychology, Management and English department have given suggestions about the programme. Later the session end by 4:30 pm after the vote of thanks proposed by Mrs. Rajeswari.

