

# DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Internal Quality Assurance Cell (IQAC) Cell

## Personal Counselling & Mentoring Cell (APTHAMITHRA)

Department: MCA

Date: 25-1-2023

Department of Computer Applications- MCA Organized a seminar on “Stress Management” Shree Swami Mangalanathanandaji Maharaj from Ramkrishna aashram, Bull temple road, Bangalore and Dr. Lipi Mukhopadyay, were the chief guests. Shree Swami Mangalanathanandaji Maharaj addressed the students about “**Using Stress to Evolve the Vivekananda way**”. Swamiji explained the three ways of handling stress i.e., physical level, behavioral level and emotional level. He also stressed on 3F’s Fight, Flight and Freeze aspects of life and also explained how to evolve through spiritual science finally ended his session with the quote “**If you want to be happy share happiness**”.

Our second Chief guest Dr. Lipi Mukhopadyay addressed the students about “**Psychosocial conditioning & behavior modification**” she explained Psychosocial conditioning is what promotes us to think, believe, want and react in a way that is approved by society, this conditions are infused in us from birth through our formative years by strong agents of conditioning, she also explained Sigmund Freud’s 3 mental states i.e., Conscious, Unconscious and Subconscious.



The poster features a colorful background with a rainbow gradient. At the top center is the logo of Dayananda Sagar Institutions, Bangalore. Below the logo, the text reads: "DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE" in bold blue letters, followed by "DEPARTMENT OF COMPUTER APPLICATIONS - MCA" in black. The main title "SEMINAR ON 'STRESS MANAGEMENT'" is in orange. Two circular portraits are shown: the top one is of Shri Swami Mangalanathanandaji Maharaj, and the bottom one is of Dr. Lipi Mukhopadyay. To the right of each portrait is their name and the topic of their presentation. At the bottom, there are icons for a calendar and a location pin, followed by the date and time "25TH JAN 2023 11am - 1pm" and the location "Building No.17, DSCASC Campus". The text "Organized by: Personal Counselling and Mentoring Cell (APTHAMITHRA) DSCASC" is at the bottom center.

  
**DAYANANDA SAGAR COLLEGE  
OF ARTS, SCIENCE AND COMMERCE**  
DEPARTMENT OF COMPUTER APPLICATIONS - MCA  
**SEMINAR ON "STRESS MANAGEMENT"**

  
Shri Swami  
Mangalanathanandaji Maharaj  
Topic: Using Stress To Evolve The  
Vivekananda Way.

  
Dr Lipi Mukhopadyay  
Topic: Psychosocial Conditioning &  
Behaviour Modification.

 **25TH JAN 2023**  
11am - 1pm

 **Building No.17, DSCASC  
Campus**

**Organized by:**  
**Personal Counselling and Mentoring Cell (APTHAMITHRA) DSCASC**



Photo 1: Speakers on Diase



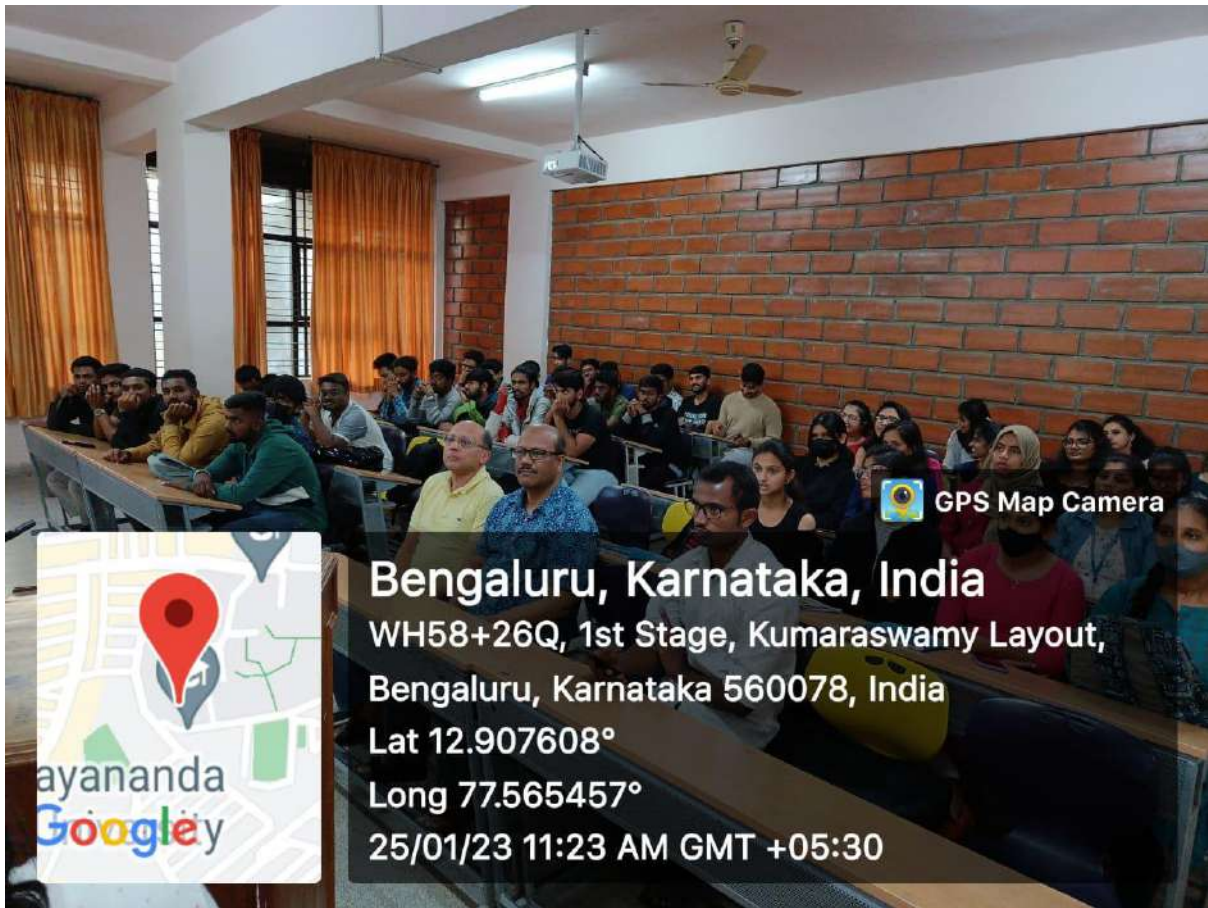
Photo 2: Dr. Lipi Mukhopadhyay addressing students



Photo 3: Shree Swami Mangalanathanandaji Maharaj addressing students



Photo 4: Honoring Shree Swami Mangalanathanandaji Maharaj



GPS Map Camera



**Bengaluru, Karnataka, India**  
WH58+26Q, 1st Stage, Kumaraswamy Layout,  
Bengaluru, Karnataka 560078, India  
Lat 12.907608°  
Long 77.565457°  
25/01/23 11:23 AM GMT +05:30

Photo 5: Participants