

The webinar titled “Performance Acceleration and Stress Management” was organized on 3rd & 4th July, 2020 from 10:00 am to 11:00 am on zoom platform. The webinar is organised for students of different colleges. The Programme started by welcome speech and the session speaker was Dr. Sudhindra S, Yoga Trainer, DSI delivered a session on importance of meditation, role of breathing, relaxation, hypnotism, physical activities during psychological stress, and pranayama. Managing stress is all about taking charge, taking charge of thoughts, emotions, schedule, environment, and the way we deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on. Breathing is at the core of ancient (and currently trendy) mindfulness practices, from yoga and meditation.

Total 98 participants practiced mediation on online platform. Finally the session was ended with discussions, question and answers with the participants.

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**Internal Quality Assurance Cell (IQAC) &
Personal Counselling & Mentoring Cell (Apthamitra)**
In Collaboration with
Institutional Social Responsibility (ISR)Cell – (DISHAA)
Organizes
Webinar
on
“Performance acceleration and stress management”

No Registration Fees
E Certificates will
be provided

Date: 3rd & 4th July , 2020
Time: 10 AM to 11 AM

Dr. Sudhindra
(Yoga Teacher)

Faculty Organisers :

Personal Counselling
and mentoring cell (Apthamitra) :
Prof. Rashmi S
Prof. Usha C R

ISR-DISHAA :
Prof. Shalini Kumari Rawani
Prof. Meghana C

Principal | Director | HOD's | Faculty