

**Dayananda Sagar College of Arts, Science and Commerce  
Kumaraswamy Layout, Bangalore-560 111**

Report of the Department- Event

**DEPARTMENT: BBA/B.COM**

**HINDI PARISHAD –“VEDANTA”**

**PERSONSL CONSELLING AND MENTIRING**

**“FACULTY DEVELOPMENT PROGRAMME”**

**19<sup>TH</sup> JULY / 2022**

**RESOURCE PERSON – Dr. PRADEEP BANANDUR**

PROFESSOR AND HEAD DEPARTMENT OF EPIDEMIOLOGY  
NIMHANS , BENGALURU

**A TALK ON**  
**STRESS AND ANXIETY MANAGEMENT**

The event was held at ground floor near the main office in gallery room , the program was started by bhakthi geetha and in lighting the lamp at 10:00 am, After that our Hod murgesh sir started addressing the faculties the dignitaries on stage ,later the principal addressed and welcomes the resource person. Asst prof chiluka pusphalata gave the introduction of the speaker of the day.

The faculties had really good learning time on stress and anxiety were they had good interaction based how to bring out the students from troubling in class , distraction while taking the class, how to bring down your angriness during dealing with any students. Throughout the session all the faculties had a amazing concepts to learn how to motivate themselves as well as students towards making the topic more attractive and interesting. This session has made the faculties to more energetic and enthusiasm to prepare in different manner for every class.

At the end of the event the vote of thanks was given by our student Bhoomka from BBA“B”section 1<sup>st</sup> year.

I thank the department for giving such a beautiful opportunity.

**PHOTOS ACCORDING TO THE EVENT ORGANISATION**

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**19<sup>TH</sup> JULY / 2022**

**A TALK ON**  
**STRESS AND ANXIETY MANAGEMENT**

**WELCOME SPEECH BY HOD PROF. MURGESH SIR**



**FACULTY ATTENDING FDP**



## FACULTY DOING AN ACTIVITY ON BOARD



## SPEAKERS REVIEW ON FACULTY ACTIVITY



GROUP PHOTO OF THE FDP



SPEAKER GIVING TASK TO FACULTY





DAYANANDA SAGAR COLLEGE OF ARTS,  
SCIENCE AND COMMERCE

SHAVIGE MALLESWARAM HILLS, KUMARASWAMY LAYOUT BANGALORE 560078  
DEPARTMENT OF COMMERCE AND MANAGEMENT BBA/B.COM

Internal Quality Assurance cell

Organizing

In Assistance of

Personal Counseling and Mentoring – AAPT MIRA

# FACULTY DEVELOPMENT PROGRAMME

A TALK ON  
"STRESS AND ANXIETY  
MANAGEMENT "

10:00 A.M Onwards

19th July 2022

Venue: Gallery Room



RESOURCE PERSON

**DR. PRADEEP BANANDUR**

PROFESSOR AND HEAD  
DEPARTMENT OF EPIDEMIOLOGY  
NIMHANS ,BENGALURU

