

**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”

“FACULTY DEVELOPMENT PROGRAMME”

19TH 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 1st year.

I thank the department for giving such a beautiful opportunity.

WELCOME SPEECH BY HOD PROF.MURGESH SIR



