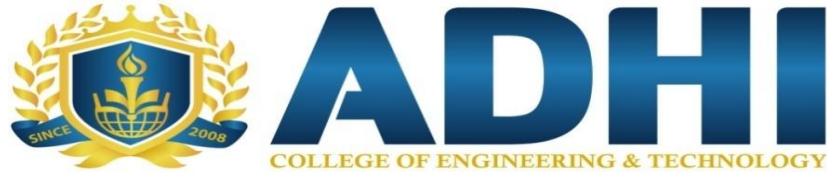


REPORT FOR FDP



No.6, MunuAdhi Nagar, Sankarapuram, Near Walajabad,
KanchipuramDist – 631 605. Ph: 044 – 2729 009

FDP ON “STRESS MANAGEMENT”

Resource Person: Mr. K.Nirmal Kumar, Trainer, ICT Academy, Chennai.

Date: June 29th & 30th 2017

Time: 9.30 - 3.30 PM

Venue: Conference Hall, Main Block, Adhi College of Engineering and Technology

Organizer: Dr.R.Gowri, Professor and Head, Department of Computer Science and Engineering

Participants: Faculties.

ABOUT THE FDP

Two days FDP on Stress Management for faculties was organized by the Department of Computer Science and Engineering in association with ICTACT on 29th & 30th June, 2017. There were total of 34 participants, who attended the FDP, among them 6 from various colleges and 28 from ACET. The expert was invited from ICT Academy, Chennai.

Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

The motive of this FDP was that the faculties should live stress free life then only they can inspire the student community. Also, it could be beneficial to maintain their health of faculties.

TOPIC COVERED

- What is stress?
- Characteristics of stress
- Types of stresses
- Stress test

REPORT FOR FDP

- Circle of life
- How to live stress free?
- Activities to reduce stress

PARTICIPANTS FEEDBACK

The FDP was highly informative and interesting.

VISITORS FEEDBACK

The hospitality provided by the college was excellent. The participants were very interactive.

PHOTO GALLERY

REPORT FOR FDP

