

ಕರ್ನಾಟಕ ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಮಹಾವಿದ್ಯಾಲಯ, ಬೀದರ

(Affiliated to Gulbarga University, Kalaburagi)
NAAC RE-ACCREDITED WITH 'A' Grade CGPA 3.24



Estd 1970

KARNATAK ARTS, SCIENCE & COMMERCE COLLEGE, BIDAR

College with Potential for Excellence Status Awarded by UGC New Delhi
ISO 9001 : 2015

Date: 25/4/2020

Notice

All the students of BA/B Sc/B Com and BCA are hereby informed that to attend the Webinar on “Stress Management” going to be organized by Internal Quality Assurance Cell on 27/4/2020 at 11.00 am on Gotowebinar®Platform Through Virtual Mode.

Principal
PRINCIPAL
Karnatak Arts.Sci. & Com. College
BIDAR-585401

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Karnatak Arts, Science & Commerce College Bidar

Date of Activity: 27/04/2020		Time Slot: 11:00 am to 12:00 pm	
Activity Name:	Webinar on "Stress Management"	Teachers / In-charge	Rajmohan Pardeshi
Organizing Dept/ Committee:	Training and Placement Cell	Guest/ Resource Person:	Dr.R Venkat Reddy, Associate Professor in Psychology, SB College, Kalaburagi
Total Number of Students Attended:	91	Report Generated by:	Internal Quality Assurance Cell

Activity Report: The KRE Society's Karnatak Arts, Science and College in Bidar, through its Internal Quality Assurance Cell, has conducted a training programme on soft skills development with the focus on "Stress Management". A welcome speech was given by Dr. Kalpana Deshpande, Principal, at the beginning of the event. The workshop was presented by Dr. R Venkat Reddy, Associate Professor in the Department of Psychology on the theme of stress management and psychological well-being. During his presentation he addressed various types of stress faced by human beings, stress relaxation therapy that could be followed and different stress management techniques. He also explained that "Stress can be good or bad, it is our attitude how we tackle with it". Answering to the queries of the teachers, she mentioned that it is very important to vent out the feelings in front of the person who could give them the best guidance instead of keeping the knots in the mind.



Topic: Stress Management

Speaker: Dr. R Venkat Reddy

Dept. of Psychology,
GFGC, Kalaburagi

Date: 27 April, 2020, 11 am to 12 pm

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1/10/23, 7:22 PM

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