

Kongunadu Arts And Science College, (AUTONOMOUS)

Coimbatore – 29.

Re-Accredited By NAAC With A<sup>+</sup> Grade - 4<sup>th</sup> Cycle, College Of Excellence - UGC

29<sup>th</sup>Rank Among Colleges In NIRF 2023

Department Of Commerce With Information Technology

Inter Department LectureSeries

**Building DEMS** 

11<sup>TH</sup> OCTOBER, 2023

-Report -

Kongunadu Arts And Science College (Autonomous), Department Of Commerce With Information Technology Have Organised Inter Department Series On 'BUILDING DEMS'On 11<sup>TH</sup> OCTOBER, 2023 At E-22

*Objective:* The Main Objective Of The Program Is To Introduce And Enable Students To Understand About Building DEMS.

*Resource Person: Mrs.B.KAVITHA*, Assistant Professor&Head , Department Of PSYCHOLOGY, CoimbatoreWas The Resource Person.

## **Benefits:**

Students have developed With a basic understandingabout

- Diet,
- Engaging Activities,
- Mindfulness and
- Sleep :

## Number Of Beneficiaries: Faculty: 04 Students: 106

## About The Event:

Mrs.B.KAVITHA, Assistant Professor And Head of Psychology (KASC), Coimbatore, was The Chief Guest. She Emphasized About How Psychological Factors Control The Human Behaviour .She Explained About Keeping Depression, Anxiety And Stress At Bay.At The End, Students' Queries Were Answered.

**Dr. B.DIVYA PRIYA**. Associate Professor Welcomed The Gathering,

DR. K.SUDHA, Assistant Professor Delivered Vote Of Thanks.

Invitation





