



KONGUNADU ARTS AND SCIENCE COLLEGE (Autonomous)

Re-accredited by NAAC with A⁺ Grade – 4th Cycle

31st Rank among Colleges in NIRF 2022

College of Excellence (UGC)

Coimbatore -641 029.



DEPARTMENT OF COMPUTER SCIENCE (AIDED)

REPORT

of the

Programme on Stress Management

This programme was conducted at Computer Lab VI of our College on 04.03.23 from 10:00 AM to 12:00 PM . Mr. R. NANDHA KUMAR, Emotional Wellness Coach and Author, Member of ICF (International Coach Federation), Coimbatore acted as the resource person. This programme aims at creating awareness of stress and providing the participants with effective tools and techniques to manage stress, and promote overall well-being. The resource person focused on developing healthy habits, coping mechanisms, and resilience to enable participants to navigate stress in their personal and professional lives successfully. He narrated the means of recognizing stress triggers and how to manage them by developing proactive responses to stressful situations. Tips for managing stress both on and off the classroom room were discussed. Explained the methods of managing stress through diet ,sleep and other lifestyle factors . A total of 40 staff members from Annai Violet Matriculation Higher Secondary School and Kongunadu Arts and Science College participated and benefited.

Enclosure : Geotagged photographs



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Department of Computer Science (Aided)

STRESS MANAGEMENT Programme

Date:04.03.2023

VENUE: Computer Lab VI



