

## **GUEST LECTURE ON ‘STRESS MANAGEMENT’ FOR STUDENTS**

The programme on “Stress Management” was conducted for all the students in our college on 14<sup>th</sup> February 2020. Mrs. Vasantha Kumari , Psychologist,NGO was the resource person. The speaker dealt with the inter association between spirituality, emotional intelligence and work stress and also suggested that by considering, accepting and adopting intrusion based on spirituality and emotional intelligence dimensions, work stress can be reduced. She also stressed that stress among students can cause adverse mental and physical side effects if left unaddressed. A pie chart was drawn neatly to explain how to overcome the stress in their life.

