



Event Report on “Life Skill Training – Stress Management”

Aditi – Women Development Club, DGCT organized the AICTE-SPICES sponsored “Life Skill Training – Stress Management” session on 5th August 2022 between 3.00 pm and 4.30 pm in Placement Seminar Hall, DGCT.

The objective of the session was to help students to build self-confidence and positive relationships, improve attitude and lead balanced lifestyle. The session was attended by first year Bridge course students.

The resource person Dr. N. Thillaikarasi, Coordinator, AICTE-SPICES programme and Aditi-Women Development Club, DGCT explained the students about various aspects of stress management that include how stress works and develop sustainable behaviours, about negative stress and its symptoms, Identifying the causes of unwanted stress, developing a balanced lifestyle in order to control stress in the long term, etc. She encouraged the participants to practice the relaxation exercise at least one time per day.

Students actively participated in the stress relief activities conducted during the session and also shared their experiences. Students were recognized with special prizes for their enthusiastic participation. The session was closed with positive feedback from students and vote of thanks by Dr. D. Rajeswari, Co-coordinator, AICTE-SPICES programme and Aditi-Women Development Club, DGCT.

No. of Participants: 200

Glimpses of Life Skill Training – Stress Management:

