A One Day Workshop on "Stress Management"

The workshop conducted by Computer Science department On 14-01-2017

In VPS college of Arts, Science and Commerce-Lonavala. B.B.A.(Comp.Application) & B.Sc.(Comp.Sci.).

Detail Report of Workshop:

Title: Stress Management

Resource person: **Prof. Vidya Hasabnis from BMCC College Pune.**

How many students have attended this workshop: 30

About workshop:

Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation.

Topics:

- Causes of Stress
- Symptoms of Distress
- Managing Stress
- Depression

Conclusions: Stress can have consequences far beyond temporary feelings of pressure. While you can't avoid stress, you can learn to manage it and develop skills to cope with the events or situations you find stressful.

Photograph: