



# **GURU NANAK COLLEGE**

## **(AUTONOMOUS)**

**Re-Accredited at 'A' Grade By NAAC**  
**Affiliated to the University of Madras**  
**Guru Nanak Salai, Velachery, Chennai -600042**

### **Report**

1. Event Title : Stress Management
2. Category : Virtual Power Seminar
3. Department : Master of Computer Applications
4. Date : 12-06-2020
5. No. of Participants : 100
6. No. of Resource Persons - 1

#### **Report Description -**

##### **Report**

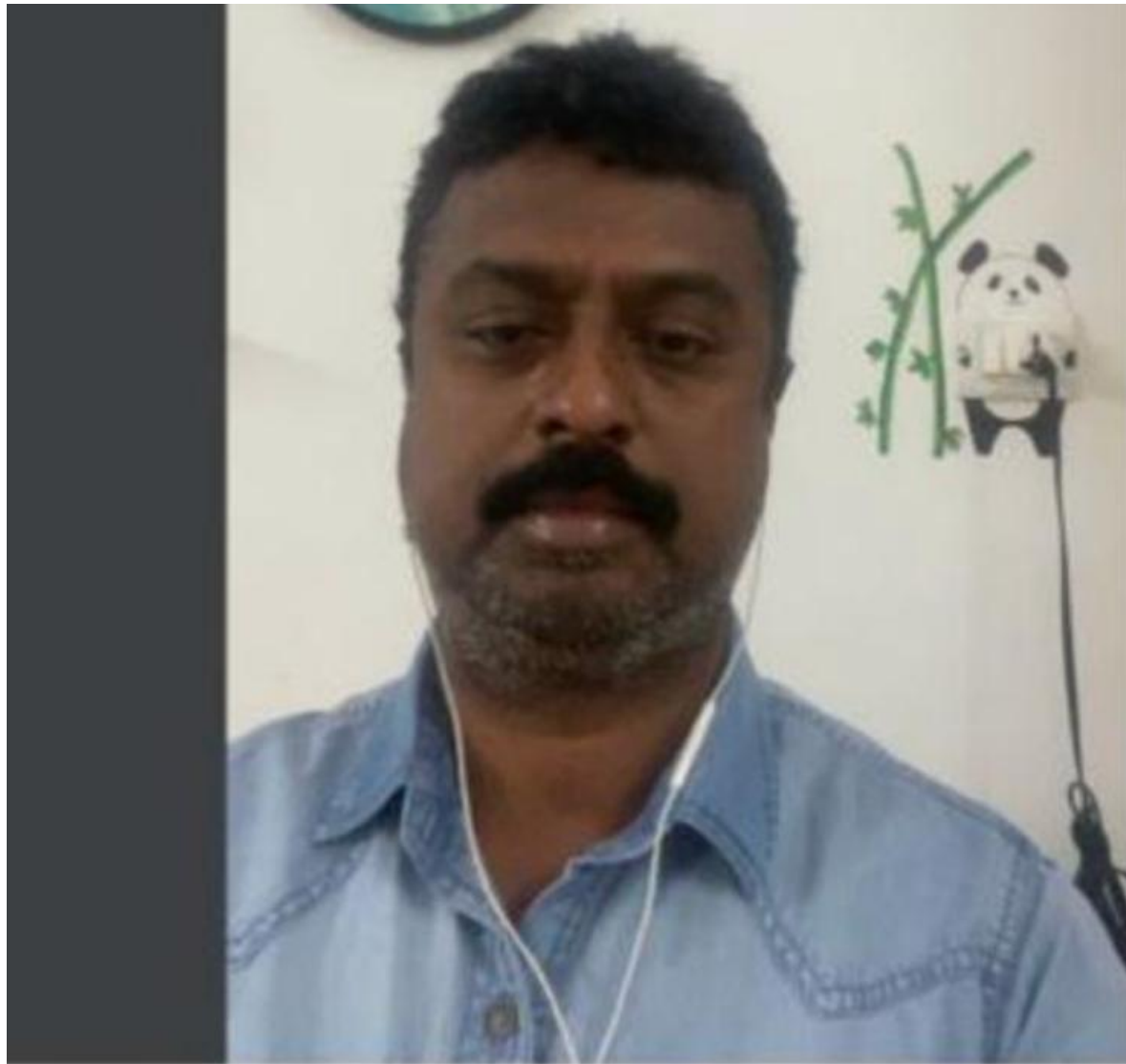
MCA Department in association with ICT Academy had organized virtual power seminar on "Stress Management." The Seminar was held on 12/06/2020 and all the faculty's, students of MCA joined the seminar. The Virtual Power Seminar about **Stress Management** was efficiently conducted very much needed in this pandemic situation. .Students and Staff generally get stressed in their day-to-day life often. This seminar will definitely help them to overcome stress in a positive manner. The resource person Mr.Sunil Borah designated (senior trainer, ICT Academy) rightly pointed 'IT IS NOT THE STRESS THAT KILLS BUT YOUR RESPONSE TO IT'. The Resource Person handled the session in an excellent manner. The content is useful, informative to the audience.

## PHOTOS



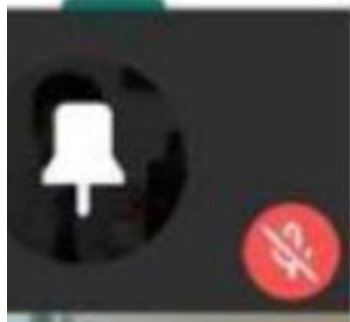
Others in the mee





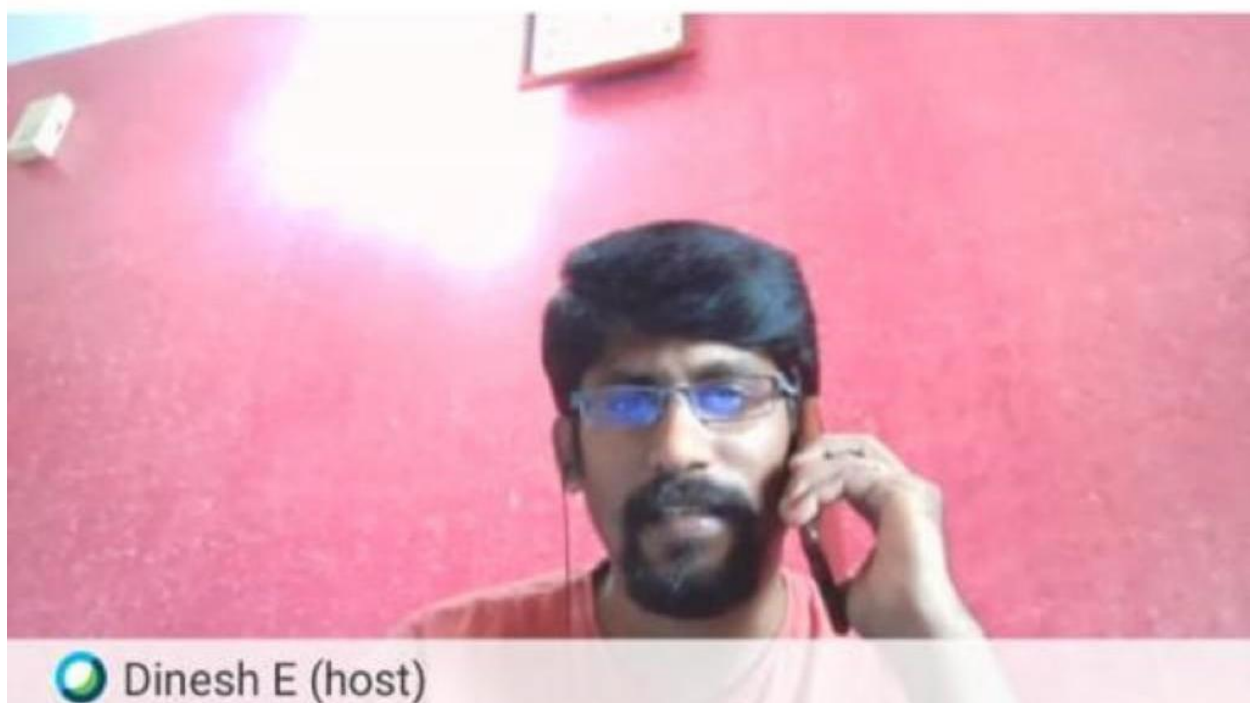
 (110)

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Dr. Kumaraguru P.V (You)





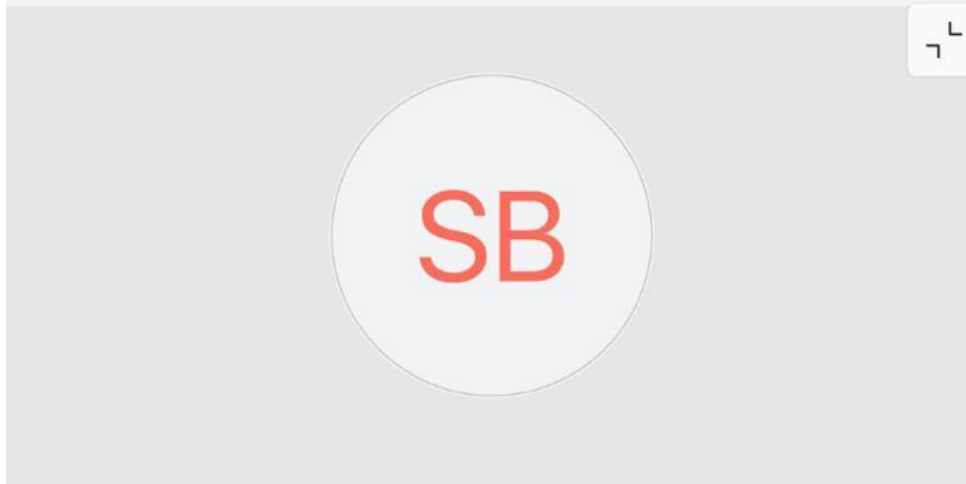


 Sunil Borah



Nirmala Devi (me)





Sunil Borah







## STRESS MANAGEMENT – EVERYWHERE



### A. WHAT CAN YOU SEE?

LOOK CLOSE AND FAR, COLOURS, SHAPES AND LIGHT.

### B. WHAT CAN YOU HEAR?

HEAR AS MANY SOUNDS AS YOU CAN.

### C. WHAT CAN YOU TASTE?

THIS IS LESS FUN WHEN YOU'RE NOT EATING.

### D. WHAT CAN YOU SMELL?

FOCUS ON THE SMELLS AROUND YOU.

### E. WHAT CAN YOU FEEL?

SEND YOUR ATTENTION TO THE PARTS OF YOUR BODY THAT HAVE CONTACT WITH SOMETHING, LIKE THE EARTH OR A CHAIR OR TABLE.

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SB

 Sunil Borah 🗨️







Anand Rajasekaran



kumaraguru guru



Dinesh E (host)



Sunil Borah

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**SCHOOL OF INFORMATION TECHNOLOGY**  
*DEPARTMENT OF MASTER OF COMPUTER APPLICATIONS*

*Organizes Virtual Power Seminar*

On

**STRESS MANAGEMENT**

*Exclusive for the Students of MCA - GNC*



Resource Person

**Mr. SUNIL BORAH**

Senior. Trainer



Date : 12, June 2020

Time : 11.00 AM - 12.30 PM

Platform:  Cisco Webex

*E-Certificate will be provided*

**Dr.M.G.Ragunathan**  
Principal

**Sardar Manjit Singh Nayar**  
General Secretary & Correspondent