

Virtual mode Awareness Talk on
“Stress Management -Resilience during COVID Pandemic”
(12th July, 2021)

Organized by: UGC Women’s Studies Centre

UGC – Women’s Studies Centre of KBN College conducted a Virtual mode Awareness Talk on “Stress management-Resilience during COVID Pandemic” to all the Post Graduate Girls students on 12th July, 2021 by Dr. Manasa, Psychiatrist, Sri Manasa Nursing Home, Vijayawada. The programme was started by Sri. E. Vara Prasad, Principal, KBN College with his opening remarks.



In this awareness programme she created awareness on how stress effects on brain and symptoms of stress. She also told the students about the Stress reduction tips and how meditation can help us to restore our sense of control activate our parasympathetic nervous system

ISO 9001:2015 NAAC 'A' GRADE CYCLE 3

K.B.N. COLLEGE (AUTONOMOUS)

Sponsored by S.K.P.V.V. Hindu High Schools' Committee
Kothapeta, Vijayawada - 520001.

A College with Potential for Excellence (CPE) All India 92nd Rank in NIRF by MHRD (2017)

You are cordially invited to the

UGC WOMEN'S STUDIES CENTRE

Virtual Mode Awareness Talk on

'STRESS MANAGEMENT-RESILIENCE DURING COVID PANDEMIC'



Resource Person
Dr. Manasa,
Psychiatrist,
Sri Manasa Nursing Home,
Vijayawada

12th July, 2021
@
3:00 PM

