



BLDE

(DEEMED TO BE UNIVERSITY)

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The Constituent College

SHRI B. M. PATIL MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, VIJAYAPURA

BLDE(DU)/AHS-PC/2022-23/

Date: 19th October 2023

Report of the Workshop on the topic “Stress Management” as a part of the Pre-Placement activity for the outgoing UG & PG students of AHS, BLDE(DU), Vijayapura.

As a part of the Pre-Placement activity for the outgoing UG & PG AHS course students, the workshop on “**Stress Management**” was conducted on 18th October 2023 (Wednesday). The program was conducted in the Anatomy Gallery hall from 3.30 pm onwards and was coordinated by Dr. Siddaling Talikoti, The Placement Officer BLDE(DU), Vijayapura.

In the session, the speaker emphasized the following topics,

1. What is Stress?
2. The Symptoms of Stress.
3. Types of Stress.
4. Difference between Eustress & Distress.
5. Signs of Eustress versus Distress.
6. Causes of stress at Workplace.
7. Strategies for dealing with stress.
8. Healthy ways of Stress management.
9. Unhealthy ways of Stress management.
10. Q & A session.

The workshop concluded on a positive note, and the students were happy and gave positive feedback for the initiative taken by the Placement Cell. The students are convinced in all aspects of the workshop.

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