



BLDE
(DEEMED TO BE UNIVERSITY)
Smt. Bangaramma Sajjan Campus, B. M. Patil Road,
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Placement Cell

Report of the Workshop on “Stress Management”:

As a part of the Pre-Placement activity, a workshop on “**Stress Management**” was conducted for the students of Physiotherapy Course (2021 batch) on 28th October 2025 at Lecture Hall no 1, School of Physiotherapy building. The workshop aimed to help students to understand the causes of stress and learn effective techniques to manage it in their personal and professional lives. The session aimed to enhance emotional well-being, improve productivity, and promote a healthier mindset among participants.

In the workshop, the resource person Dr. Siddaling Talikoti highlighted the following,

1. Understand the concept and sources of stress.
2. Recognize early signs and symptoms of stress.
3. Learn practical coping mechanisms and relaxation techniques.
4. Promote a balanced lifestyle for better mental health and performance.

The Stress Management Workshop was a great success. It provided participants with valuable insights and tools to cope with stress more effectively. The students expressed their gratitude for making the session meaningful and impactful. Students appreciated the interactive format and shared that the techniques learned were easy to apply in daily life. Many expressed interests in attending similar sessions in the future.