

RAJARAJESWARI COLLEGE OF ENGINEERING

MYSORE ROAD, BANGALORE-74



NATIONAL SERVICE SCHEME



राष्ट्रीय सेवा योजने

Report of NSS Program –AWARENESS ON STRESS MANAGEMENT
TECHNIQUES AND STRATEGIES" at RAJARAJESWARI COLLEGE OF
ENGINEERING, BENGALURU ON 17th September 2016

RRCE NSS Unit organized the – AWARENESS ON STRESS MANAGEMENT
TECHNIQUES AND STRATEGIES PROGRAM at Rajarajeswari college of Engineering,
Bengaluru, Karnataka on 17th September 2016 between 10.00 AM to 1.00 PM.

Resource person: Dr. Sumanth

Rajarajeswari Medical College and Hospital

Bangalore-560060

Objective of this program is to

- Understand the nature of stress and its impact on health and behavior,
- Learn various relaxation methods to reduce muscle tension related to stress.
- Learn a problem-solving strategy for dealing with situations that are stressors or potential stressors

In this camp 105 college students were participated, NSS Programme Officer, NSS Members and 50 NSS Volunteers are actively participated and gained awareness about health and fitness.

NSS Programme Officer

Anand Kumar K S

EVENT PHOTOGRAPH

