



RajaRajeswari College of Engineering

AFFILIATED TO VTU, BELGAUM, APPROVED BY AICTE, NEW DELHI & GOVT. OF KARNATAKA

DEPARTMENT OF COMPUTER SCIENCE & ENGINEERING

Report on

Exclusive Virtual Training on “Successfully Managing Stress During Lockdown”



RAJARAJESWARI COLLEGE OF ENGINEERING

#14, Ramohalli Cross, Kumbalgodu, Mysore Road, Bangalore – 560 074.

Affiliated to VTU, Belagavi, Approved by AICTE, New Delhi and Govt. Of Karnataka



CET Code: E145

COMED-K Code: E099

PGCET Code: T858

RESEARCH & DEVELOPMENT CELL

EXCLUSIVE VIRTUAL TRAINING ON

Successfully Managing Stress During Lockdown



Speaker



Smt. Gomathy Periathiruvadi

Management Consultant, AT & T
Yoga Trainer (SKY System for Meditation)
Texas, USA

Date: 28th May 2020
Time: 11:00am to 12:00pm

Registration Free

<http://forms.gle/3fvZrxBH4xqp4WYs7>

**E-Certificate will be Provided

Convener

Dr. S. Usha

HOD, Dean & Research
Dept. of CSE

Dr. P. Bhuvaneshwari

Associate Professor
Dept. of ECE

Head of Institution

Dr.T.Chandrasekar

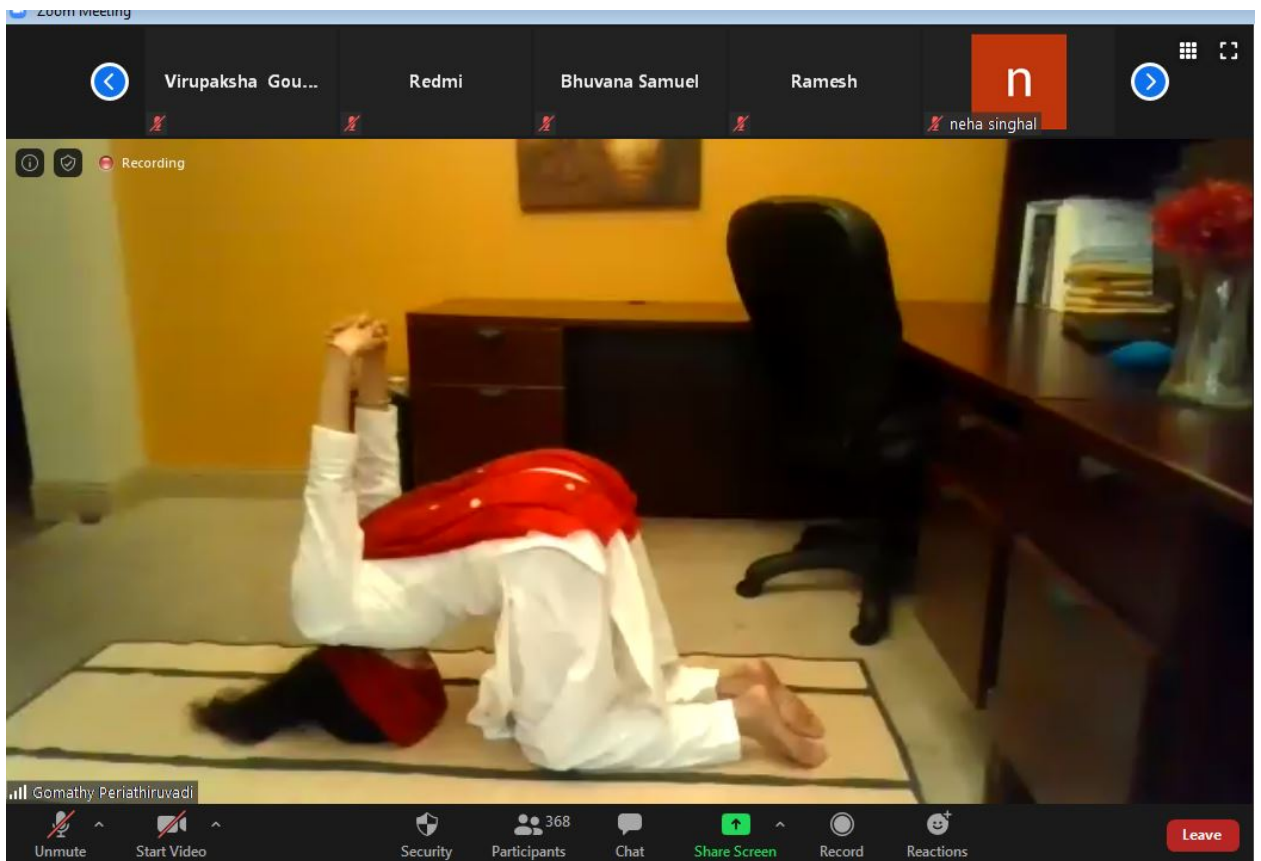
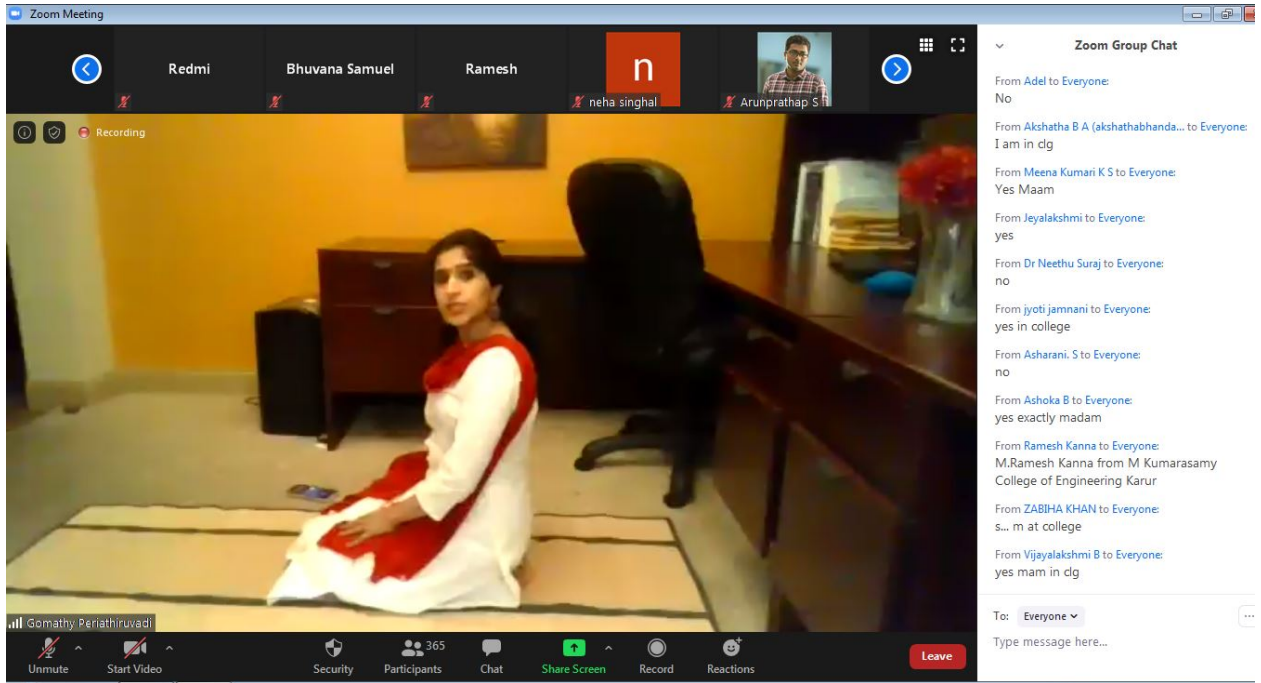
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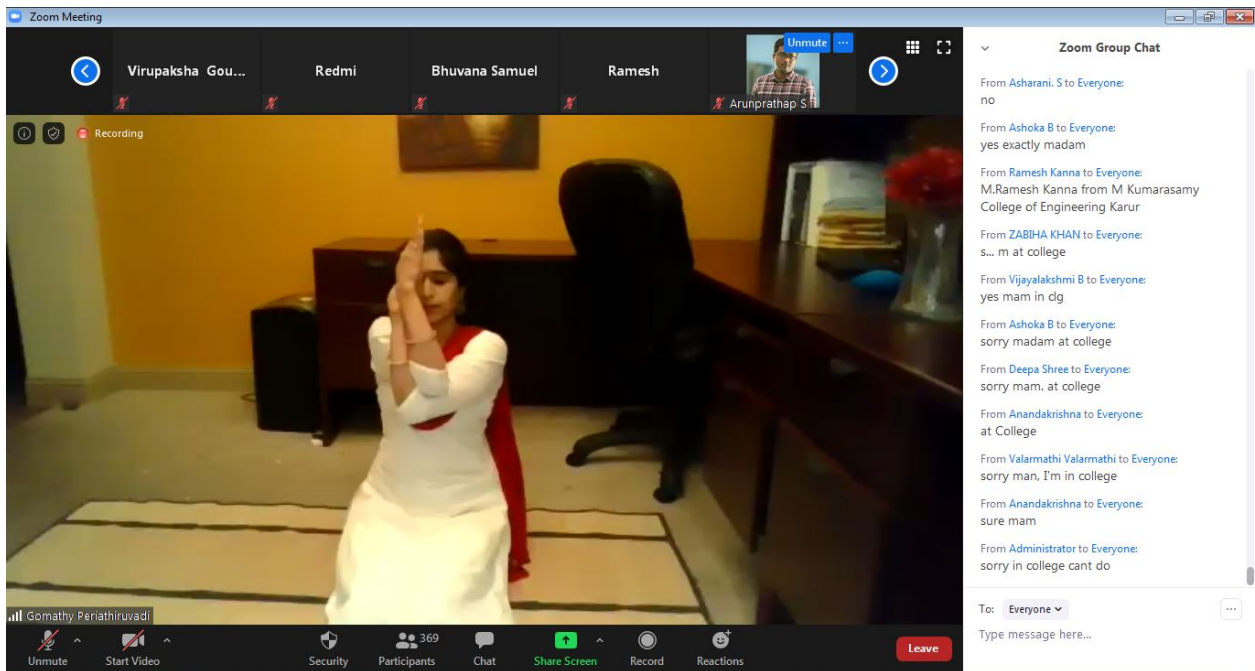
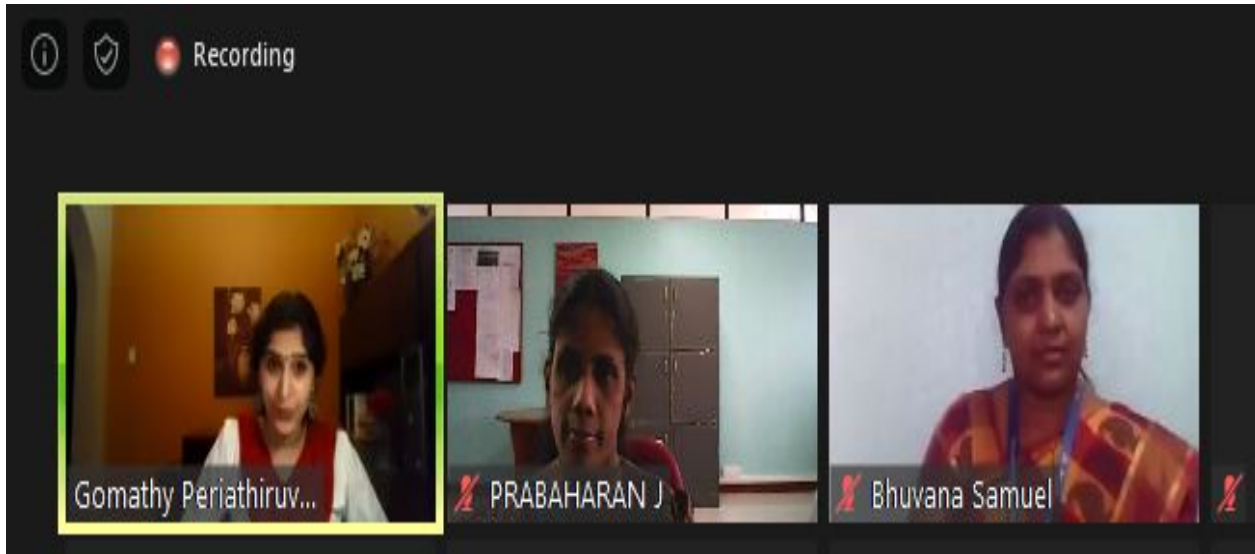
DEPARTMENT OF COMPUTER SCIENCE & ENGINEERING

Report on

Exclusive Virtual Training on “Successfully Managing Stress During Lockdown”


1. Type of Event: Exclusive Virtual Training on “**Successfully Managing Stress During Lockdown**” on 28th May 2020 from 11:00A.M to 12:00PM
2. Title of the event: Exclusive Virtual Training on “**Successfully Managing Stress During Lockdown**”
3. Resource Person: Smt. Gomathy Periathiruvadi, Management Consultant, AT&T, Yoga Trainer (SKY System for Meditation), Texas, USA
4. Target Participants: Faculties, Research scholars from across schools and colleges.
5. Topics Covered:
 - Practiced Pranayama
 - Few Simple yoga poses
 - Tips on how we can reduce stress
 - Few Stress relieving activities
6. Outcome :
 - Registered : 700 participants across globe (7 each from USA and Malaysia)
 - Attended : 370 participants are benefited from the webinar





Virupaksha Gou... Redmi Bhuvana Samuel Ramesh Arunprathap S

Recording



Gomathy Periathiruvadi

Unmute Start Video Security Participants 371 Chat Share Screen Record Reactions Leave

Detailed description: This is a screenshot of a Zoom meeting. The top bar shows the names of participants: Virupaksha Gou..., Redmi, Bhuvana Samuel, Ramesh, and Arunprathap S. The main video area shows a woman named Gomathy Periathiruvadi sitting on a light-colored rug in a room. She is wearing a white long-sleeved dress with a prominent red sash. Her hands are resting on the rug, and she appears to be in a meditative or yoga pose. The room has a dark wooden desk and a black office chair in the background. The bottom control bar includes icons for Unmute, Start Video, Security, Participants (371), Chat, Share Screen, Record, Reactions, and a red Leave button.

