

## Seminar on ‘Strategies to Manage Stress and Anxiety’

In order to help the students to learn to cope with the stress which they face in classrooms or at personal fronts, one day seminar was organised by the Internal Quality Assurance Cell on 15<sup>th</sup> November, 2022 at 11 a.m. in Conference Hall. Dr. R. Suryakala, Assistant Professor of Education, Annammal College of Education for Women, Thoothukudi was the resource person. The main highlights of the seminar were – various types of stress faced by teenagers, stress relaxation therapy that could be followed and different stress management techniques. She also explained that “Stress can be good or bad, it is our attitude how we tackle with it”. She mentioned that it is very important to vent out the feelings in front of the person who could give them the best guidance instead of keeping the knots in the mind. The seminar concluded with a big smile on the faces of young minds and with a promise to deal with stress in a positive way. A total of 120 UG students attended the session and benefited.

