



# St. JOSEPH DENTAL COLLEGE

(A Post Graduate Dental Institute)

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Date: 19-12-2024

## **POST- EVENT REPORT**

**DATE:** 10/12/24 TO 13/12/24

**TIME:** 9:30AM TO 4:00PM

**TITLE:** Stress Management

**TARGET GROUP/ AUDIENCE:** II BDS STUDENTS

**VENUE:** St. Alphonsa lecture hall

**NUMBER OF PARTICIPANTS:** 84 Students Attended

**COURSE COORDINATORS:** Dr.Pavana Sandhya, Professor and HOD

### **SPEAKER PROFILE:**

1) Dr. S.Subramanya Sarma currently working as professor and dean academics in Sri Ramachandra college, Eluru. He had done her specialisation in Industrial Psychology. He had 10 years of experience.

**OBJECTIVE:** To equip them with essential coping skills for their academic and personal challenges.

**OUTCOME :** The "Stress Management" course held from 20/12/25 to 22/12/25, at St. Joseph Dental College, provided valuable insights and practical strategies for managing stress. Led by Dr. S.SUBRAMANYA SARMA, the sessions were tailored to the needs of the 84 II BDS students, offering them effective tools to cope with the pressures of their academic and professional lives. The course, coordinated by Dr. Pavana Sandhya, culminated in a Q&A session that allowed participants to address specific concerns and gain further clarity. Overall, the program effectively equipped students with essential stress management techniques, contributing to their well-being and academic success.