



FATHER MULLER COLLEGE OF NURSING

(A Unit of Father Muller Charitable Institutions)

NAAC 'A' Grade

Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore

Talk on Stress Management

The Internal Quality Assurance Cell of the College had organized a talk on “Stress Management” for 12 non teaching staffs of both Father Muller School and College of Nursing on 16th March 2018 at 10.30am in Syndicate Hall, Father Muller College of Nursing. The resource person, Mrs Priya Sweety Pereira, Lecturer/ANS, Department of Community Health Nursing focused on causes leading to stress at a workplace and various stress management strategies that can be adopted by the participants. The talk was dealt in the local language (Kannada). The programme concluded at 12noon.

