



# KLS Vishwanathrao Deshpande Institute of Technology

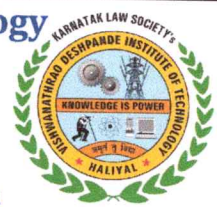
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## DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING

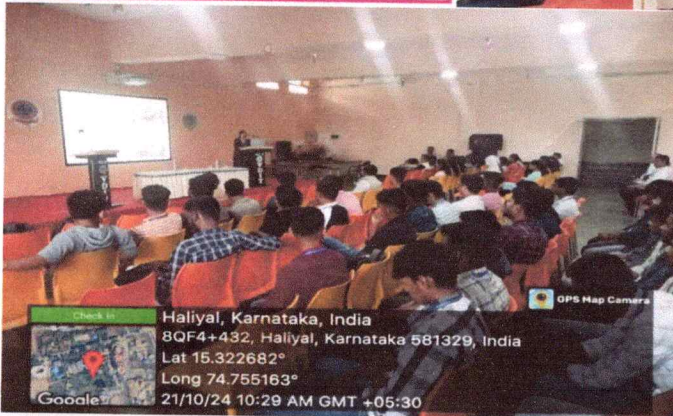
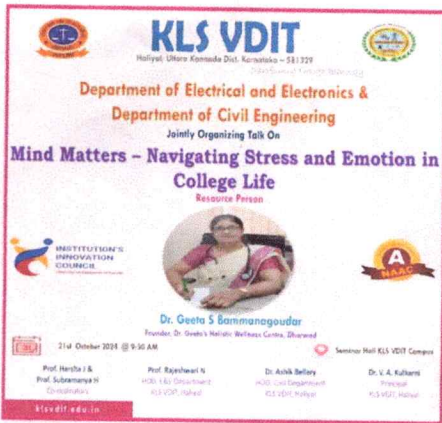
Date: 23-10-2024

### REPORT ON TALK ON "MIND MATTERS – NAVIGATING STRESS AND EMOTION"

Atalk was jointly organised in association with Department of Electrical and Electronics and Civil Engineering and Indian Geotechnical Society (IGS), in the Department of Civil Engineering on 21<sup>st</sup> October, 2024 from 9.30 am to 12 pm. The resource person for this technical talk was **Dr. Geeta S. Bammanagoudar, Founder, Dr. Geeta's Holistic Wellness Centre, Dharwad.**

Dr. Geeta S. Bammanagoudar addressed the students of E&E and Civil Engineering. During her session she cautioned that improper stress management can lead to various problems and advocated for developing a strong mind-set to tackle complex issues. "Patience, positive thinking, and a fighting spirit are essential for success," she advised. Dr. Bammanagoudar urged students to believe in their abilities and avoid negative thoughts, emphasizing that achievement is possible with determination. She offered valuable tips on managing stress effectively.

The students also showed a lot of interest which was evident by the active interaction they were having with the resource person.



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