

The first session was a fun based stress-management session by Mr. Shine Shaji V. Professionally, Mr. Shine has played various roles as Success coach, Counsellor, Executive corporate trainer & life skills. No wonder, his engagement with the excited students was thrilling and power-packed. Through jokes, experience sharing and activities, he could hold the students spellbound and deeply involved. He demonstrated simple approaches towards 'simplifying' life and managing the unnecessary stress even students are so very prone to these days.

Second session was handled by Dr. Saline Shine, Clinical Psychologist Don Bosco Hospital. She engaged the students in a refreshing and educative session. Her simple words coupled with audio-visual inputs threw new light on the meanings of 'success' and 'education' for the young listeners. In a light-hearted manner, she dwelt upon serious themes. Students were called on stage for some fun learning practical exercises.

After this excellent speech, there was an experience sharing session. Our students participated well in that session Vote of thanks was given by Ms. Thejaswy R Varma, PG student Department of Zoology.

10.Outcome of the event/Evaluation by Programme Coordinator :The programme was refreshing and educative

