



VINAYAKA MISSION'S COLLEGE OF NURSING
Kirumampakkam, Puducherry
A Constituent College of
VINAYAKA MISSION'S RESEARCH FOUNDATION
(Deemed to be University)

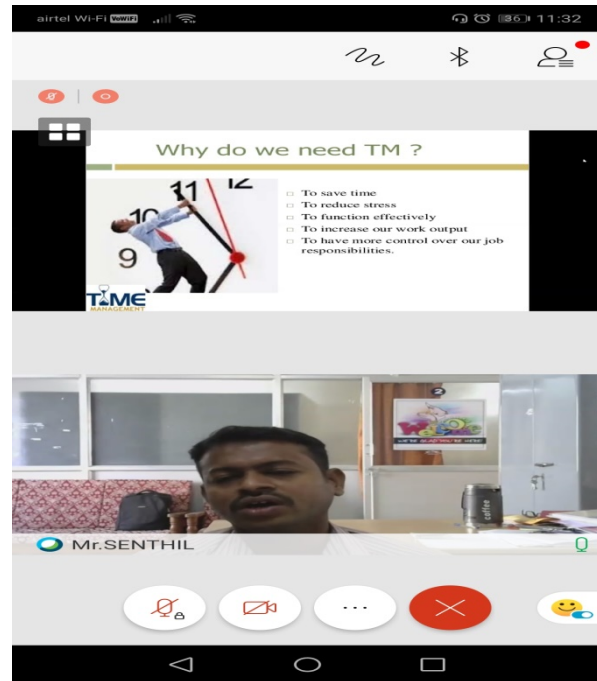



REPORT ON STUDENT INDUCTION PROGRAMME – 24.12.2020

Vinayaka Mission's College of Nursing, Puducherry conducted the 16th day of Student Induction Programme on 24.12.2020. The programme was started at 9.30am.

The speaker of the first session Mr. S.Lakshmanan, Psychologist & Ex. Project officer, NYK, Puducherry was presented on "Relaxation Techniques". Prior to the session, he conducted pre-test regarding stress & anxiety level of the students with the help of Google forms. Followed by that, he elaborated various relaxation techniques such as meditation, autogenic training, progressive muscular relaxation and so on. He also explained the importance of hobbies & leisure time activities in stress management. The session was completed at 11.00am.

The final session was presented by Mr. Senthil, Social Welfare Inspector, Puducherry on "Time Management" at 11.00am. He emphasized on the importance of time management & the ways to utilize the time effectively. The session was ended at 12.30pm. Totally 75 students were participated in this programme.




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