



# Finolex Academy of Management & Technology, Ratnagiri

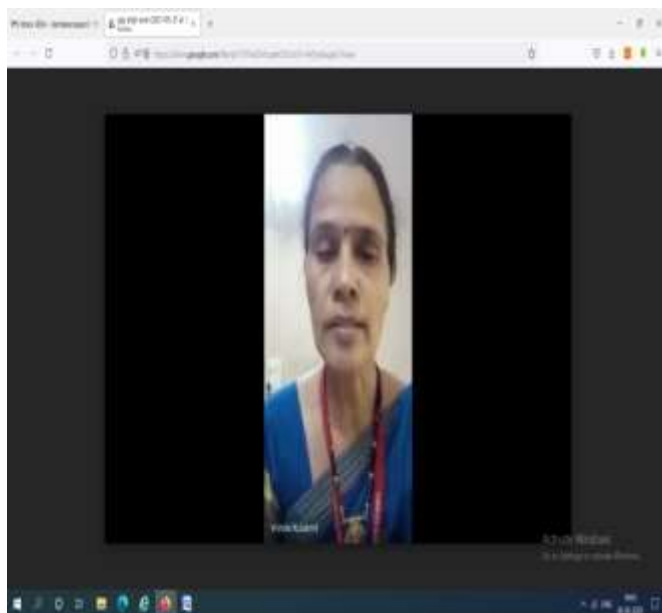
## Internal Complaint Committee

### Session on Stress Management

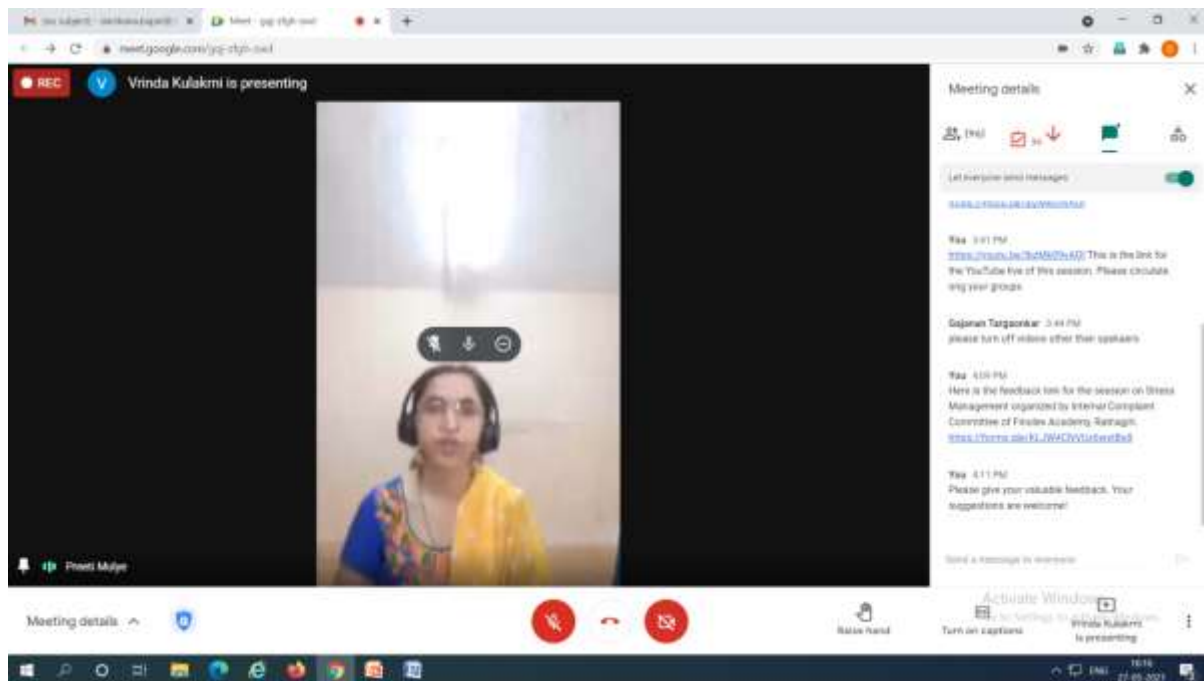
Internal Complaint Committee of Finolex Academy of Management and Technology had organized an online session on Stress Management on May 27, 2021 at 3.30 p.m. The objectives behind organizing this program were to create awareness regarding stress management and to provide various ways to manage different kind of stress.

Dr. Preeti Mulye- General Medical Practitioner from Ratnagiri was the speaker for the session. She explained the meaning and causes of stress. She even discussed various causes of stress including the stress occurring due to Sexual Harassment and suggested various ways to manage all those types of stress. The students interacted with the speakers to get their doubts clarified.

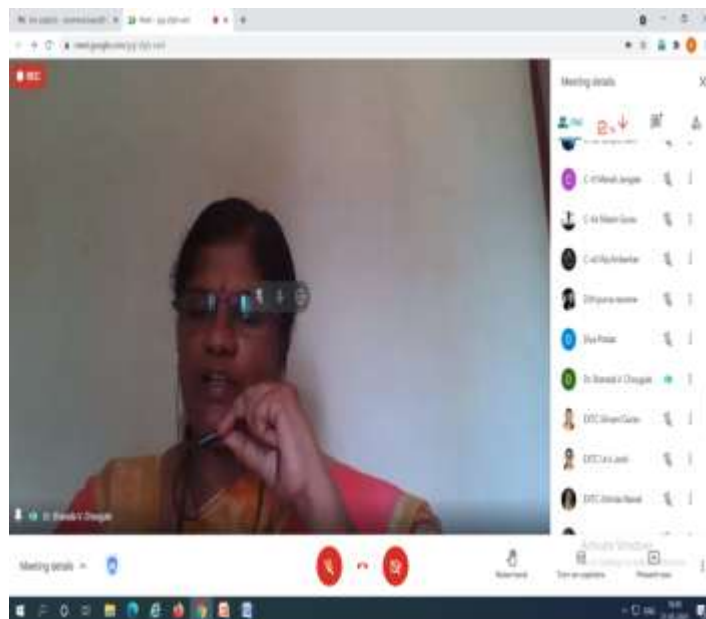
Prof. V. M. Kulkarni- Secretary ICC, introduced the program. Dr. Sharada Chougule- Convener ICC addressed the audience. Ms. Urvi Joshi (BE EXTC) anchored the program. The programme was conducted through Google Meet in which around 100 students and faculty and staff members participated. It was also broadcasted live on FAMT's YouTube channel. It was organized under the guidance of Principal- Dr Kaushal Prasad.



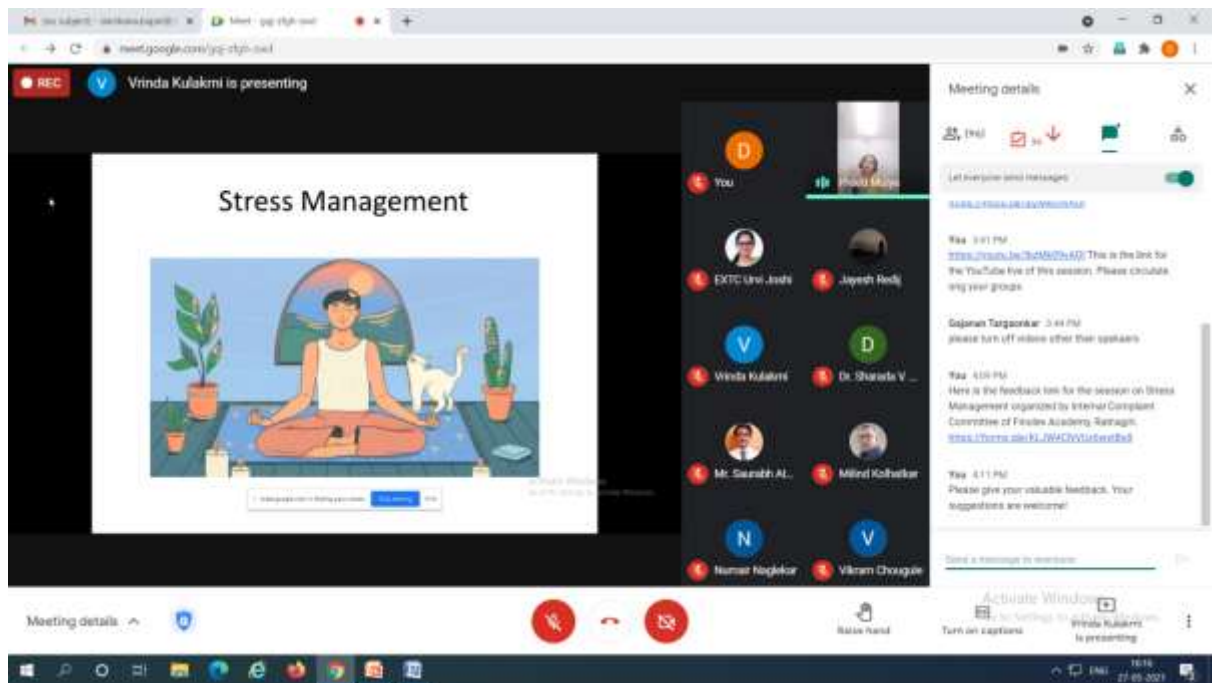
Prof. Vrinda Kulkarni- Secretary ICC, introducing the program



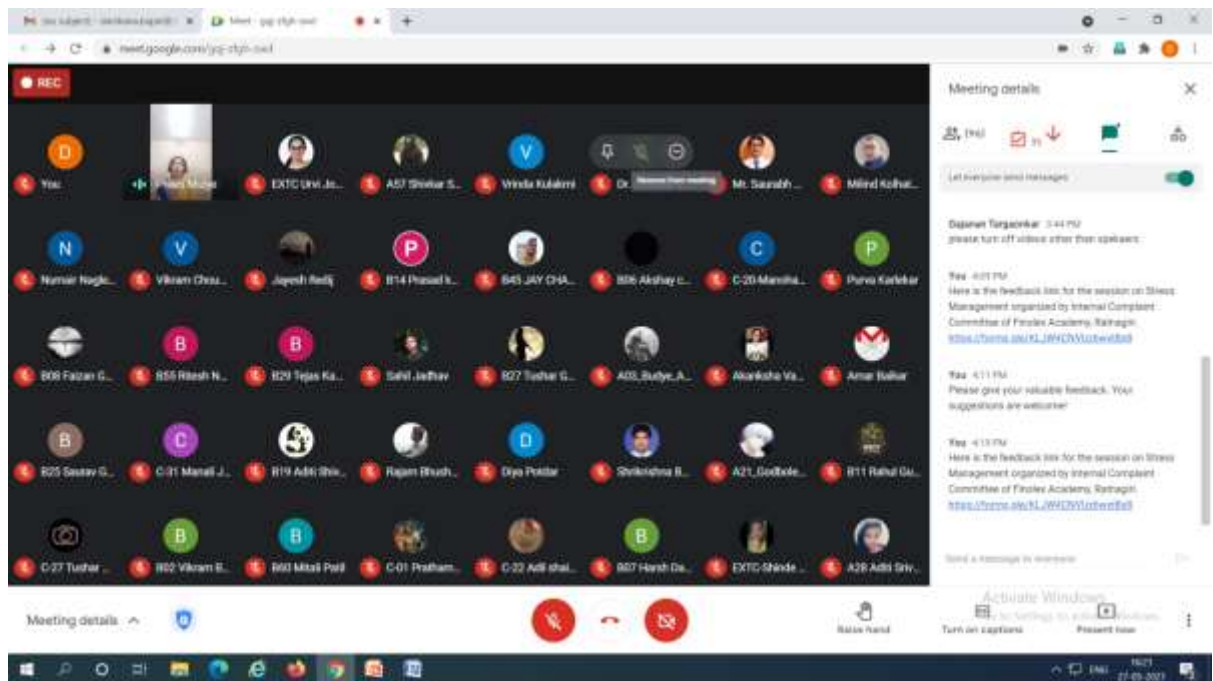
Dr. Preeti Mulye delivering the online talk



Dr. Sharada Choughule Convener ICC expressing her views



Dr. Preeti Mulye giving information regarding stress relieving techniques



Students attending the Stress Management session