



GOVERNMENT OF KARNATAKA
GOVERNMENT FIRST GRADE COLLEGE
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Topic: Coping with Emotions
Date: 31.07.2019, Morning
Resource Person: Mr. Mohan

A special lecture on "Coping with Emotions" was organised by IQAC of the college. Dr. C.L. Gayathri Devi, Convener IQAC welcomes the guest. The resource person of the lecture was Mr. Mohan, student counsellor appointed by BBMP, Cox Town, who enlightened our students on how to manage their emotions and their stress levels. Students interacted and clarified their doubts at the end. Prof. M.G. Vani, Principal presided over the program. All the staff members were present in the program.

WELCOME THE RESOURCE PERSON



STAFF AND RESOURCE PERSON INTERACTING WITH STUDENTS



RESOURCE PERSON INTERACTING WITH STUDENTS



PRINCIPAL APPRECIATED THE STUDENTS AND THANKS TO GUEST



STUDENTS GIVING THE FEEDBACK ABOUT THE TOPIC