



24-10-2025

DEPARTMENT OF COLLEGIATE STUDIES WEBINAR ON “FROM WORRY TO WELLBEING”

On October 24, the Department of Collegiate Studies hosted a webinar on the topic "From Worry to Wellbeing", in observance of "World Mental Health Day". The session, led by Prof. Shobha G, Director, Department Of Collegiate Education, Government Of Karnataka, focused on managing stress and anxiety in academic life. Prof. Shobha shared strategies like mindfulness, time management, and the importance of strong support systems. The webinar emphasized the need to prioritize mental health and build resilience. On this occasion our College Principal Dr.S MariGowda along with other faculties of different branches and students were actively participated



