

Milagres College Kallianpur Udupi

Orientation Programme

Program Name: Orientation Programme

Organizers: IQAC

Date: 30-08-2023, Wednesday

Chief Guest: Mrs Akshatha Shetty, Counsellor Udupi

Venue: AV Hall

Participants: 2023-24 Batch Students

It's always required to make an individual familiar on his arrival into a new atmosphere. Same situation arises in an educational institution when a student enters a new semester. New teachers, new syllabus and new timetable would surely create anxiety in any mind. Having realised this pulse of our students the college organised a wonderful session by Mrs Akshatha Shetty, a counsellor with medical and psychiatric social work background and presently the Officer of Teachers cooperative Bank, Udupi on the topic ' Stress - A positive factor in day to day life'.

Speaking to the students Mrs Akshatha Shetty gave out a variety of factors responsible stress. She differentiated various life events into positive stress factors and negative stress factors. More importantly she clarified a lot of doubts of students related to stress anxiety and unexpected fears.

Dr Vincent Alva, the Principal of the college welcomed the gathering and applauded the efforts of Mrs Shetty in enlightening the students and professionalism. He also said Mrs Shetty is our alumni and doing extremely well in life. Dr Jayaram Shettigar the IQAC coordinator of the college and senior teachers were present. Mr Ravinandan Bhat proposed vote of thanks.