

## Faculty Orientation: Mentoring & stress Management

Little Flower Quality Assessment Cell (LFQAC) organized a Faculty Orientation Program on July 13, 2023, on the topics “Mentoring” and “Stress Management” to help the faculty understand the intricacies of mentoring and cope with stress.

The Resource Person, Dr. B. Hymavathi, a psychological counsellor at the University of Hyderabad, explained in her session on “Mentoring” that it is a skill that has to be acquired. She discussed elaborately on how one can become successful in the art of mentoring.

Session on “stress management” was delivered by Mr.M. Subhash, Psychological counsellor, University of Hyderabad. He explained the causes for stress, long term effects of stress and discussed different approaches that could be adapted to manage stress.

Sessions were lively, interactive, and practical strategies were discussed, which led to an insightful learning.



Vice Principal Ms. Jayanthi delivering a welcome note



Dr. Hymavathi explaining Mentoring



Mr. Subhash describing stress and its causes



Faculty attentively listening to the sessions