

KBNC COLLEGE ALUMNI ASSOCIATION

GUEST LECTURE ON

"SELF-MOTIVATION, MEMORY IMPROVEMENT AND STRESS MANAGEMENT"

Dr. R. K. AYODHYA , Renowned Psychiatrist, Alumni on 19-7-2012



PARTICIPANTS LISTENING TO THE LECTURE ON SELF-MOTIVATION



PRACTICING SKILLS



REPORT

“SELF-MOTIVATION, MEMORY IMPROVEMENT AND STRESS MANAGEMENT”

Guest Lecture on “Self-Motivation, Memory Improvement and Stress Management” was organised by KBN College Alumni Association on 19-7-2012.

Dr.R.K.AYODHYA , renowned Psychiatrist, Alumni, delivered a guest lecture to the UG Students on “Self-Motivation, Memory Improvement And Stress Management” Dr. P. Krishna Murthy, Prinicpal, KBN College, Dr.V.Narayana Rao Vice-Princpal, Dr.Sasikala, Principal-in-charge, KBN Junior College were present. Addressing the students, Dr. Ajodhya stated that now a days it is a big challenge to manage the stress and develop the quality of self-motivation. He said that, through continuous practice of various methods, one can easily overcome the memory loss. He demonstrated to the students some of the methods to overcome loss of memory and stress management.

All the degree students were benefited by the lecture. Staff Members Smt. B. Raja Rajeswari, HOD, Physics Sri. T. Bhagya Kumar, HOD, Chemistry, Sri V.V.N.Suresh Kumar, Dr.A.Ravindranath, Placement Officer and other staff members were present in the programme.