



23.11.2021

Webinar Report

The Women Cell, ATME College of Engineering (ATMECE), Mysuru in association with AFH (Aspire For Her) a social startup had organized a webinar on **“INFOCUS Session 3: Destress With Drama”** on 23rd Nov 2021

The Resource persons Raell Padamsee, Managing Director & CEO Ace Productions Pvt Ltd. Raell Padamsee addressed the session as drama is not only one of the most liberating ways to express oneself, but it can also act as a great tool for reducing stress. Just like therapy, communicating one’s feelings and emotions through drama is known to be extremely therapeutic. And we all could use some therapy in this troubled time. De- stress with Drama, releases emotional tension, develops creativity ,encourages team work , builds confidence, combats stress and develops emotional intelligence.

Dr. Bhagyashree S R, Chairperson Women Cell, Prof & Dean- Research, ATMECE, Coordinators: Ms Lavanya N, Ms. Navya N , Students and Staff of ATMECE and other AFH Team Members attended the session.

A T M E
College of Engineering

Aspire
FOR HER

I-GAUGE
GOLD

NBA
ACCREDITED

Women Cell, ATMECE
in association with
Aspire for Her (AFH)
Organizing event on
INFOCUS SESSION 3
DE-STRESS WITH DRAMA

Raell Padamsee

CHIEF PATRONS

Sri L. Arun Kumar
Chairman, ATMECE

Sri K. Shivashankar
Secretary, ATMECE

Sri R. Veeresh
Treasurer, ATMECE

PATRON

Dr. L. Basavaraj
Principal, ATMECE

PROGRAM CONVENOR

Dr. Bhagyashree S.R
Chairperson, Women Cell
ATMECE, Mysuru.

PROGRAM COORDINATORS

Navya .N
Asst Prof
Department of EC

Lavanya .N
Asst Prof
Department of CS

Date: 23-11-2021 | Time: 5:30 pm to 6:30 pm

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