

QUONSULT 2019-20

List of Events

<u>Name of Workshop/Seminar/Conference</u>	<u>No. of Participants</u>	<u>Date from - to</u>
Career Guidance by Arnold Mascarenhas	24	Jan 5,2020
Stress management by Geetanjali Pandit	27	feb 15,2020

1) Career Guidance by Arnold Mascarenhas

The session with Arnold was held on 5th January, 2020. He discussed the several common queries that one might face at this stage related to career. This included how to manage failure, how to keep an equilibrium between emotions and professional matters, how to prioritize things in every situation of life to make adequate decisions and how to manage 'change' in life.



2) Stress Management by Geetanjali Pandit

Quonsult: The Consultancy society of CVS had a session with Geetanjali Pandit on 15th February, 2020. She briefed us about "Stress Management". She also emphasised how important it is to write the piled up things in our head to avoid unnecessary disturbances. She explained about the steps one should take to turn the 'thinking' into 'working'.



This is to certify that the activity report (Teacher/Department/Society/Association) has been submitted for documentation to Internal Quality Assurance Cell, College of Vocational Studies, University of Delhi.

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