



DAYANANDA SAGAR
UNIVERSITY



COLLEGE OF NURSING SCIENCES

Organized by

DEPARTMENT OF PSYCHIATRIC NURSING

We Cordially Invite You for the

**Workshop On
Resilience in The Face of Stress: Strategies for
Sustainable Professional Well-Being**

LESS
STRESS!

RESOURCE PERSONS



Dr. Sreejith Sudhakar

Assistant Professor
Department of Psychology
Christ University
Bengaluru



Dr Yogeswarie S

Assistant Professor
Department of Psychology
Christ University
Bengaluru

**“Resilience is not escaping
stress, but mastering it”**

DATE: 06/02/2026
TIME: 9:30 AM ONWARDS
VENUE: EDUCATION UNIT, 3rd FLOOR, HS BLOCK

