



ST ANN'S COLLEGE FOR WOMEN

(A Catholic Christian Minority Institution Affiliated to Acharya Nagarjuna University)
(Recognised Under Section 2(f) of the UGC ACT 1956 - NEW DELHI)
Amaravathi Road, Gorantla, Guntur-522036, Andhra Pradesh



Seminar : " Managing Distractions-Living by Your Values"

NOVEMBER 8th, 2024

Seminar on "Managing Distractions & Living by Your Values" organized on 8th November 2024 at Gnanam Auditorium of our college for which Dr.T.D. Vimala, Professor, Dept. of psychology, Acharya Nagarjuna University was the resource person. The session witnessed enthusiastic participation from students (I Year UG & PG) and faculty members across departments. Dr.Vimala delivered an engaging presentation focusing on the challenges faced by modern students in maintaining focus amidst digital distractions and to inculcate values and to improve self-efficacy to face the challenges in this fast-paced world.



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Phone : 0863 22236470 | Mobile No. 8500656134