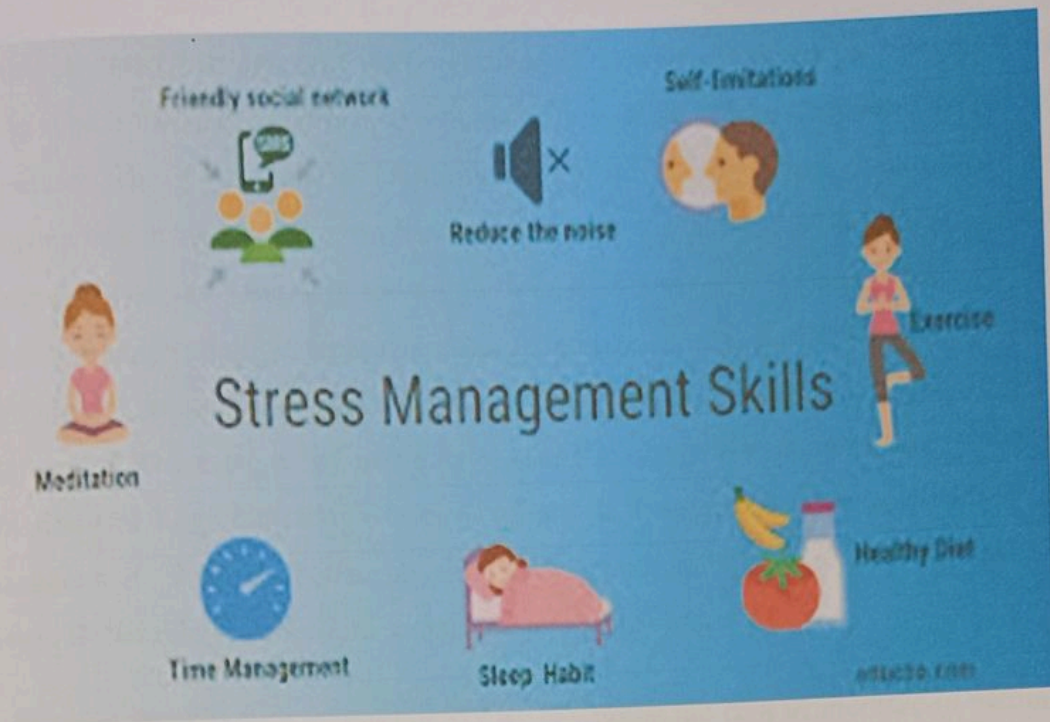


REPORT ON STRESS MANAGEMENT



Date: 30.11.2020

Time: 1:00p.m.to 3:30 p.m

Venue: Multipurose Hall

BENEFICIARIES: NSS VOLUNTEERS

Introduction of speaker : Mrs Amita Rani,Asstt.Prof& NSS programme officer

Welcome Address: Mrs Amita Rani,Asstt.Prof& NSS programme officer

Guest Speaker : Mrs Kiran Chauhan,P3Y Teacher

Vote of Thanks: Mr. Rajesh Kumar, Asstt.Prof.in Education

OBJECTIVES

- To inculcate the knowledge of stress and how to solve it.
- To deliver a speech to the students under the topic of Stress Management.

Guest lecture on stress management was organized at Swami Vivekananda Education College, Tarkwari. In which 92 NSS volunteers participated. In which Kiran Chauhan was present as a resource person who gave detailed information about Paramji-Papra-Paramyoga.P3Y is a technique using which all the tasks can be accomplished. A regular practice of Param Yoga also increases the IQ level and uses this technique in case of serious problems in life. He also said that stress is an emotion that we feel towards any kind of pressure, challenge or danger. This is a normal and natural reaction, but when this stress lasts for a long time, it can affect our physical and mental health. There are many methods of stress management, some of the major methods are: Meditation and Yoga Including exercise and physical activities. There are many benefits of stress management, Such as better physical and mental health, increased productivity and performance, Better relationships and social support, less stress, etc.

She said Physical comforts are increasing day by day but at the cost of increase in mental stress. Students spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind becomes stressful. They may have headaches, they are tired, and they are so exhausted that they just want to crawl into bed and sleep. Yoga not only releases mental stress, but it also give strength to the body and mind. Relaxation & meditation brings sound sleep and calmness to the mind. Around these thoughts, the two hour session began with light exercise and some music for the participants. It helped the students relax and concentrate which was the mantra for the day "Relaxing helps reduce stress".

Following are the tips given by Mrs Kiran Chauhan on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living.

- Structure each day to include a minimum of 20 minutes of aerobic exercise.
- Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.
- Substitute fruits for desserts.
- Avoid caffeine.
- Get at least 7 hours of sleep.

- Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.
- Take a warm bath or shower.
- Go for a walk. Get in touch! Hug someone, hold hands, or stroke a pet. Physical contact is a great way to relieve stress.

SHE GAVE SOME TIPS TO OVERCOME STRESS

1. STRESS

- Stress can be defined as our mental, physical, emotional and behavioral reactions to any perceived demands or threats.

2. BASIC CONCEPTS ABOUT STRESS

- Stress is defined as how the body reacts to demands
- Stressors are causes of stress
- Stress is part of our lives.
- It is not possible to live stress free
- Managing stress in positive ways prepares us for increasing life challenges.

3. COMMON CAUSES OF STRESS

- In general, stress is related to both external and internal factors.
- External factors include the physical environment ,whereas internal factors influence our external stress

INTERNAL CAUSES

Chronic worry

Pessimism

Rigid Thinking

Negative Self Talk

Unrealistic Expectations

All or nothing attitude

EXTERNAL CAUSES

Major life changes

Work or Colleges

Broken Relationships

Financial Problems

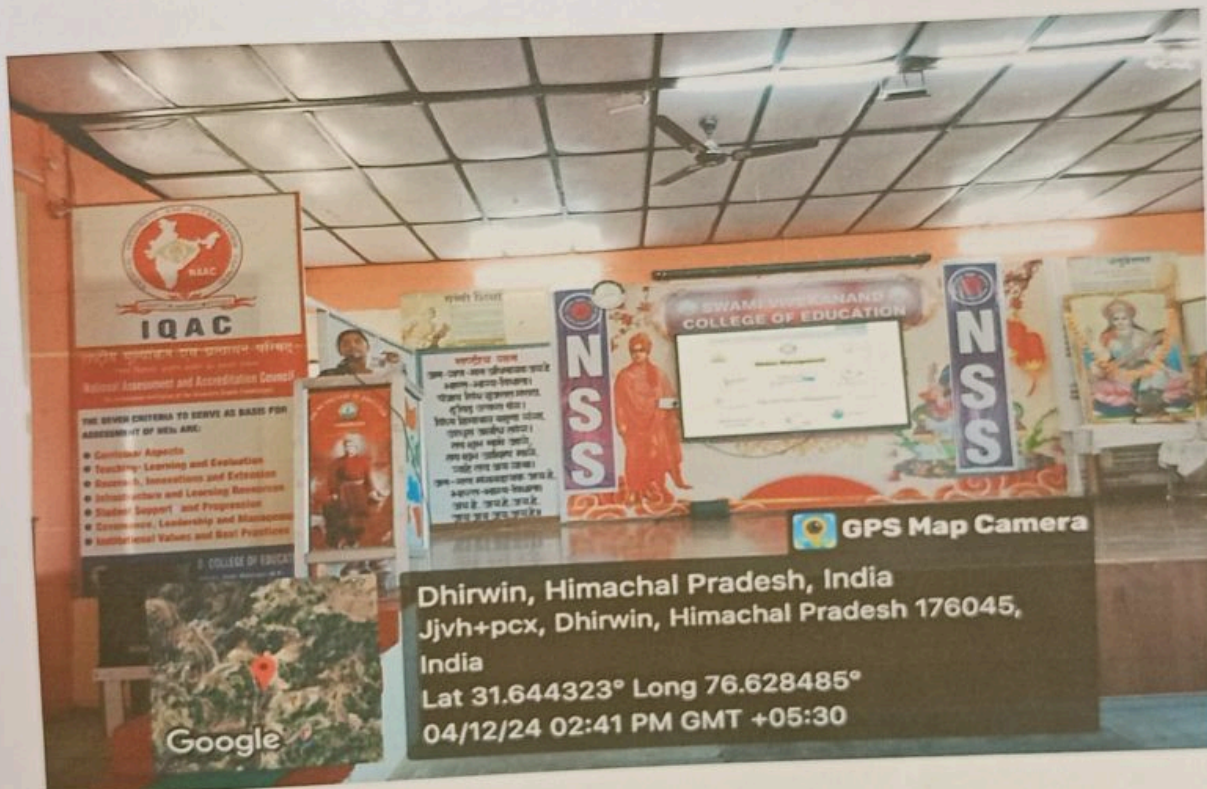
Stress in your family

Being too busy

BENEFITS: Her motivational speeches had inspired the students by knowing their stress. Speaker advised the students to handle stress in the positive way and create a confidence to handle all the situations in a very calm manner.

On this occasion, NSS Officer Mrs. Amita Rani welcomed the resource person and Vice Principal Mr. Rajesh Kumar thanked the resource person by giving him a memento.

PHOTOGALLERY





NEWSCLIPS

पंजाब केसरी

THURSDAY, 5 दिसंबर 2024



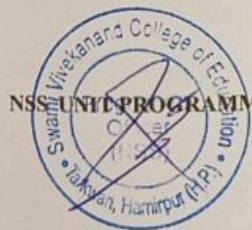
हमीरपुर : स्ट्रेस मैनेजमेंट पर गैस्ट लेक्चर के उपरांत प्रशिक्षु व अन्य सामूहिक चित्र में।

(राजीव)

स्ट्रेस मैनेजमेंट पर गैस्ट लेक्चर

हमीरपुर, 4 दिसम्बर (राजीव) : स्वामी विवेकानंद शिक्षा महाविद्यालय तरक्वाड़ी में स्ट्रेस मैनेजमेंट पर गैस्ट लेक्चर का आयोजन किया गया, जिसमें 92 एन.एस.एस. स्वयंसेविकाओं ने भाग लिया। इस दौरान, किरण चौहान (रिसोर्स पर्सन) के रूप में उपस्थित रहे।

किरण चौहान ने बताया कि नियमित परम योग से आई.क्यू. लेवल भी बढ़ता है और जीवन में गंभीर समस्या होने पर इस तकनीक का प्रयोग करें।



NSS UNIT PROGRAMME OFFICER

PRINCIPAL SIGN