

Department of Electronics and Telecommunication Engineering

Activity Report

Of

Expert Talk on " Stress Management"



IEEE
Student Branch
STB20132SITRC



SANDIP
FOUNDATION

Organized by

Women's in Engineering(WIE), Women Grievance Cell (WGC)

IEEE Student Branch (Bombay Section), MoE IIC

In

Association With

Sandip Foundation's

Sandip Institute of Technology and Research Centre, Nashik

Department of Electronics & Telecommunication Engineering

Department of Electronics and Telecommunication Engineering

Name of Event: Expert Talk on " Stress Management"

Date of Event: 30th January 2024

Name of resource person: Dr. Sarika Patil (HoD of MBA Dept, SITRC, Nashik)

Name and Address of Company: Sandip Institute of Technology & Research Centre,
Nashik

Name of Event Coordinator: Dr. Minal Gade

Detail of Participant: All Female Faculties of SITRC Engg College

Objective: To make them understand that stress management is important for maintaining both physical and mental health, improving quality of life, and enhancing relationships and productivity.

Event Highlights: A professional lecture on stress management was held on January 30, 2024, from 2 to 4 p.m. at the civil seminar hall of SIEM College organized by Sandip Foundation's Sandip Institute of Technology and Research Centre. In Association with Women's in Engineering and Women Grievance Cell of SITRC Engg college. During the session, Dr. Sarika Patil, the resource person, shared her opinions about stress management. Stress is a common part of life, but excessive or chronic stress can have detrimental effects on both physical and mental health. Stress management techniques can help individuals cope with stress more effectively, leading to a healthier and more fulfilling life. This report explores various strategies for managing stress and their benefits.

Understanding Stress: Stress is the body's response to challenges or demands. It can be triggered by various factors, including work, relationships, financial issues, and health concerns. While some stress can be motivating, chronic stress can lead to serious health problems.

Effects of Chronic Stress: Chronic stress has been linked to a range of health issues, including heart disease, high blood pressure, diabetes, and mental health disorders such as anxiety and depression. It can also impact sleep, mood, and overall quality of life.

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Effective Stress Management Strategies

1. **Exercise Regularly:** Physical activity helps reduce stress hormones and increase endorphins, improving mood and overall well-being.
2. **Practice Relaxation Techniques:** Techniques such as deep breathing, meditation, yoga, and progressive muscle relaxation can help reduce stress and promote relaxation.
3. **Maintain a Healthy Diet:** Eating a balanced diet can help your body cope with stress better and improve overall health.
4. **Get Adequate Sleep:** Lack of sleep can contribute to stress, so it's important to prioritize getting enough rest.
5. **Connect with Others:** Talking to friends and family can provide emotional support and reduce feelings of isolation.
6. **Manage Time Effectively:** Prioritize tasks, set realistic goals, and delegate when necessary to avoid feeling overwhelmed.

Benefits of stress Management

Effective stress management can lead to improved physical and mental health, better relationships, increased productivity, and overall better quality of life. By implementing these strategies, individuals can better cope with stress and lead a healthier, more balanced life.

Outcomes: Stress management is crucial for maintaining overall health and well-being. By incorporating these strategies into daily life, individuals can reduce the negative effects of stress and improve their quality of life. It's important to find what works best for you and make stress management a priority in your life.

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Flyer of the event:



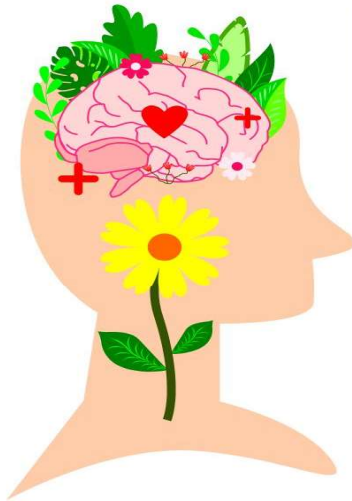
Sandip Foundation's

Sandip Institute of Technology and Research
Centre , Nashik

Department of Electronics & Telecommunication

Organising
Expert Lecture
On

Stress Management



PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

Date-30/1/2024

Day -Tuesday

Venue-SIEM Civil Seminar Hall

Dr.Minal Gade
Event Co-ordinator

Dr. Gayatri M. Phade
WGC Preciding Officer

Department of Electronics and Telecommunication Engineering

Photographs:



Gathered ladies staff attended the expert talk on stress management



Dr. Minal Gade
Event Coordinator



Dr. Gayatri M. Phade
HOD-E&TC Dept