



Learn Beyond

**KPR Institute of Engineering and Technology**

(Autonomous, NAAC "A")

Avinashi Road, Arasur, Coimbatore.

Phone: 0422-2635600

Web: kpriet.ac.in

Social: kpriet.ac.in/social

**CB008****NBA Accredited**

(CSE, ECE, EEE, MECH, CIVIL)

**STRESS MANAGEMENT**

<b>Event No</b>	CB008
<b>Organizing Department</b>	Computer Science and Business Systems
<b>Associate Dept.   NSC</b>	Computer Science and Business Systems
<b>Date</b>	02/04/2023
<b>Time</b>	05:00 PM to 06:00 PM
<b>Event Type</b>	Workshop
<b>Event Level</b>	Dept. Level
<b>Venue</b>	KPRIET
<b>Meeting Medium</b>	
<b>Meeting Link</b>	<a href="https://meet.google.com/ayh-gfnh-wea?pli=1">https://meet.google.com/ayh-gfnh-wea?pli=1</a>
<b>Total Participants</b>	65
<b>Students - Internal</b>	65

## Related SDG



## Involved Staffs

Sl	Name	Role
1	Devi Priya R	Convenor
2	Rajasekaran T	Co-convenor

## Outcome

**Outcome of the Event:**

The Department of Computer Science and Business Systems have organized the workshop titled "Stress Management" on 02.04.2023. The event was conducted online on second April, 2023 at 5.00 pm to 6.00 pm. The student participants gained more knowledge about Stress Management. 65 student participants attended the workshop. The students were more interested in attending the workshop and all of them learnt about Stress Management. Stress management is the practice of identifying and managing sources of stress in order to reduce its negative impact on one's physical and mental well-being.

## Event Summary

**Event Report :**

The Department of Computer Science and Business Systems have organized the workshop titled "Stress Management" on 02.04.2023 in the CSBS Department. 65 student participants attended the workshop. The Startups Session was a highly informative and insightful event that provided entrepreneurs and startup enthusiasts with the opportunity to learn from Dr S.K. Senthil Kumar, Shri Ram Chandra Mission & Heartfulness Institute, Kangayam. - Dr S.K. Senthil Kumar began by discussing the importance of identifying a unique value proposition and creating a strong brand identity. He emphasized the need to differentiate oneself from competitors and to consistently communicate one's value to potential customers.

- Stress management is the practice of identifying and managing sources of stress in order to reduce its negative impact on one's physical and mental well-being. Here are some tips for managing stress:

1. Identify the source of your stress: Try to identify the specific factors that are causing your stress, such as work, relationships, or financial issues.
2. Develop healthy habits: Engage in healthy activities such as regular exercise, a balanced diet, and adequate sleep. These can help reduce stress levels and improve overall well-being.
3. Practice relaxation techniques: Try techniques such as deep breathing, meditation, or yoga to help reduce stress and promote relaxation.
4. Set boundaries: Learn to say "no" to requests or commitments that are beyond your capacity to handle, and set healthy boundaries in your relationships.
5. Seek support: Reach out to friends, family, or a mental health professional for support and guidance in managing your stress.

Remember that stress is a normal part of life, but learning to manage it effectively can improve your overall quality of life and prevent

long-term negative health effects. He thought the students how they are getting stressed and how to handle it. He thought few techniques to reduce stress and to feel free whenever we feel low. It was an amazing event which students had felt the stress at the start and they felt stress free about the end.

The event was organized by Dr. R.Devi Priya, HoD/Computer science and Business Systems and Dr.T.RajaSekaran, Associate Head / Computer science and Business Systems . The workshop organized Dr S.K. Senthil Kumar, Shri Ram Chandra Mission & Heartfulness Institute, Kangayam . The session was handled by I year- G.Kaushik, S. Kaviya, M.Mohamed Fashim, Student Coordinators/ Computer Science and Business Systems.

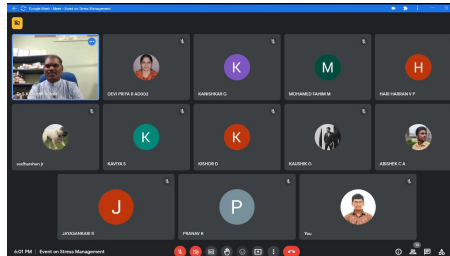


The poster is for a 'Techspark Series 6 - Workshop on "STRESS MANAGEMENT"'. It features the KPR Institute of Engineering and Technology logo at the top left, with the text 'Learn Beyond (Autonomous, NAAC "A")' and 'TNEA Counselling Code: 2764'. The Department of Computer Science & Business Systems is mentioned. A 'Great Place to Work Certified' badge is on the top right. The resource person is Dr. S.K. Senthil Kumar, with a photo and details: B.M.S.MD, F.S.M., PhD (Indian traditional Medicine), Center Coordinator and Trainer of Shri Ram chandra mission & Heartfulness Institute, Kangayam. The event is on 02 Apr 2023 from 05.00 PM to 06.00 PM, online at <https://meet.google.com/ayh-gfnh-wea>. Student coordinators are G. Kaushik, S. Kaviya, and M. Mohamed Fahim. The coordinator is Dr. T. Rajasekaran, and the convener is Dr. R. Devi Priya. Social media icons for Facebook, Instagram, and Twitter are at the bottom, along with the website kpriet.edu.in and KPRIETonline.

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