



Department of Management Studies

Semester 1

Self-Driven

Quarter 2

Activity Name	Stress Management
Date of Activity	30/01/2025
Mode of Conduct	Offline
Time	One Hour
Mandatory/Elective	Mandatory
Place of Activity	Room No.406, Civil and Mechanical Block, 4 th Floor
Participants	50
Resource Person	Mrs. Swetha D
Description	<ul style="list-style-type: none">• Activity can include<ol style="list-style-type: none">1. To help participants recognize stress triggers,2. To understand the physical and psychological effects of stress,3. To practice various techniques to reduce and manage stress in both personal and professional settings.• The Activity should focus on following<p>The stress management activity was conducted for first semester management students to equip them a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of psychological stress, especially chronic stress, generally for the purpose of improving the function of everyday life. The stress management activity successfully provided participants with practical tools to cope with and reduce stress. By introducing a variety of techniques such as breathing exercises, progressive muscle relaxation, and mindfulness meditation, participants learned how to manage stress effectively in both the short and long term. The activity highlighted the importance of self-care and mindfulness practices in maintaining mental and physical well-being. Moving forward, participants are encouraged to incorporate these stress management techniques into their daily routines to promote healthier, more balanced lifestyles.</p>



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GPS Map Camera

Aduvalli, Karnataka, India

Lat 12.990781° Long 76.115914°

30/01/25 02:16 PM GMT +05:30

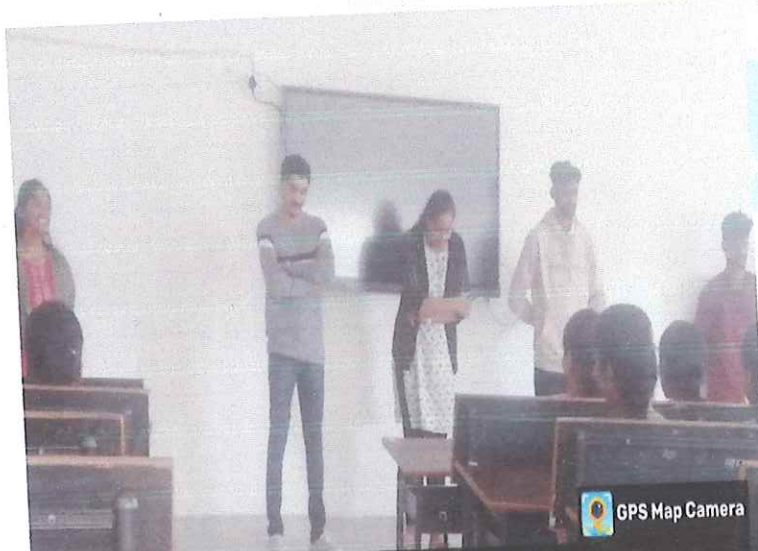


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MBA

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