



MARATHWADA MITRA MANDAL'S COLLEGE OF COMMERCE

Affiliated to Savitribai Phule Pune University,
Re-Accredited by NAAC with "A" Grade

Date: 13/09/2018

Day & Date: Monday, 11/09/2018

Timing: 10:00 AM - 11:00 AM

Venue: Dnyaneshwar Hall

REPORT ON GUEST LECTURE ON STRESS MANAGEMENT BY IYF

Under the Memorandum of Understanding (MoU) established with the International Youth Fellowship (IYF), a guest lecture was organised on stress management. A guest lecture on stress management was organized. The lecture aimed to equip students with practical strategies for identifying, managing, and mitigating stress, particularly in the context of academic pursuits.

Objectives

Identification of Stress Symptoms and Causes: The primary objective of the lecture was to familiarize participants with the various symptoms and underlying causes of stress. Through interactive discussions and informative presentations, attendees gained insight into recognizing stress triggers and manifestations in their daily lives.

Stress Management Techniques: The lecture sought to impart easy-to-implement stress management techniques to empower students in coping with and alleviating stress. Participants were introduced to mindfulness practices, relaxation exercises, and effective time management strategies aimed at fostering resilience and emotional well-being.



Stress Avoidance in Academic Settings: An essential aspect of the lecture was to address stress specifically related to academic endeavors. Attendees received guidance on minimizing stress levels during studies through efficient study habits, organization methods, and self-care practices tailored to the demands of student life.

A total of 63 students actively participated in the guest lecture, demonstrating a keen interest in understanding and addressing stress-related challenges. The interactive nature of the session facilitated open dialogue, allowing participants to share their experiences, concerns, and queries regarding stress management. Attendees expressed appreciation for the comprehensive approach to stress management presented during the session, acknowledging its relevance and applicability to their academic and personal contexts.



Dr. Kalpana Vaidya
Co-ordinator



Dr. M.D. Lawrence
Principal