



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT - I



Ref: _____

Date: _____

Report on Stress Management- Mind Breath & Emotions

EVENT: Stress Management- Mind Breath & Emotions
Convener: Dr. Sheetal Badesra – Program Officer (NSS)
Participation: BBA, BA(J&MC), BCA
Date: 13/9/19- 19/9/19
Venue: TIAS (Concerned department classrooms)
Timing: 12:30 PM - 2:30 PM

OBJECTIVES OF THE EVENT:

- To help students to understand the value of breath and emotions.
- To introduce tools to the students that are targeted to improve mind-body health and stress resilience.
- To boost an all-round development and empowerment of the individual students.
- To reduce frustration and inability to manage the emotions.
- To introduce practical techniques to increase efficiency, release stress, enhance relationships and maintaining overall well-being.

REPORT

A workshop on "Stress Management- Mind Breath & Emotions" was organized by Tecnia Institute of Advanced Studies, Rohini, Delhi from 13/9/19 to 19/9/19 in collaboration with Art of Living and the concerned departments. Mr. Nilesh and Ms. Mansi were the resource persons for the session and they introduced tools to the students that are targeted to improve mind-body health, stress resilience and boost an all-round development and empowerment of the individual.

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While commencing the programme Dr. Monisha, Chair-Student Welfare gave a brief overview about the ongoing stress level among the youth.

Mr. Nislesh brought to the forefront increased anxiety disorders and depressive tendencies that are impacting a large number of students worldwide. Long study hours, increased exam pressure, social pressure and the growing influence of social media are often bound to lead to frustration and inability to manage the emotions of the students.

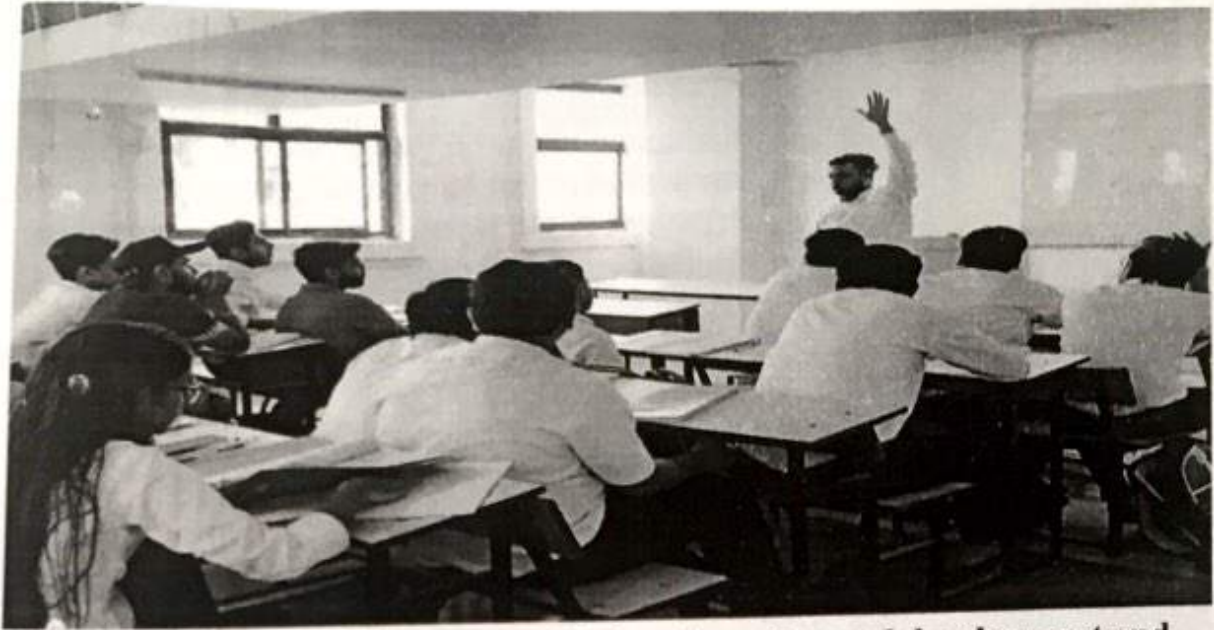
In the session Ms. Mansi talked about the link between breath and mind, practical techniques to increase efficiency, release stress, and enhances relationships and maintaining overall well-being.

Dr. Sheetal Badesra, convener of the program while concluding the session brought about a profound positive change/awareness about the tendencies of mind resulting in improved efficiency, awareness ability to lead and strong interpersonal skills.

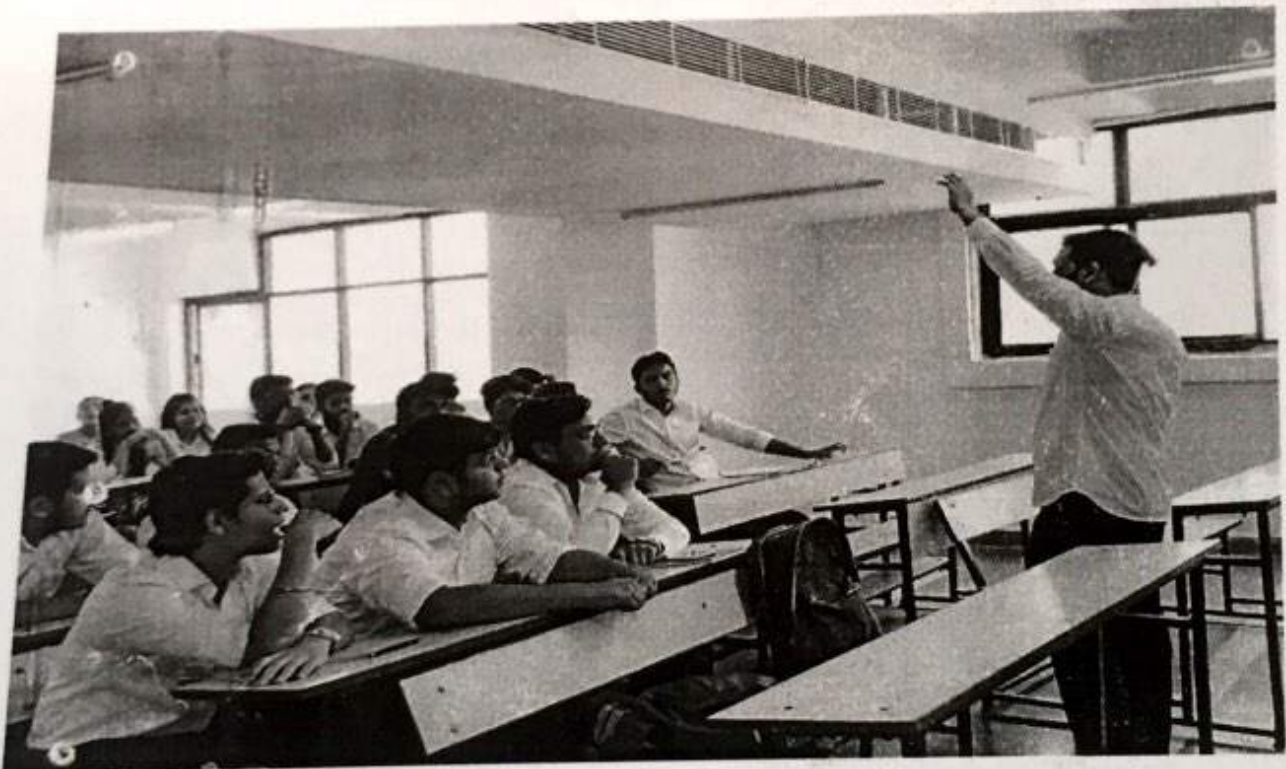


Students witnessing the session on Stress Management

By Nislesh



Resource person (Mr.Neelesh) while boosting all-round development and empowerment among students



Mr. Neelesh and Ms. Mansi introducing practical techniques to increase efficiency & release stress during exam days

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Students conversing during the session



Mr. Neelesh interacting with the students

Learning Outcome

- Students were made aware to increase efficiency, release stress, and enhances relationships and maintaining overall well-being
- This event set an inspiring example for the coming generations to reduce stress and maintain a healthy relationship.
- The session brought about a profound positive change/awareness about the tendencies of mind resulting in improved efficiency, awareness, ability to lead and strong interpersonal skills.

[Signature]
CPOR. S. Khetal

Moukesh
7/10/19
Dr. Moukesh

[Signature]
7/10/19