



योग: कर्मसु कौशलम्  
IN PURSUIT OF PERFECTION

## Vivekananda Institute of Professional Studies Vivekananda School of Information Technology

### **STRESS MANAGEMENT**

Date: 19<sup>th</sup> September 2016

#### **Introduction**

Stress is mental tension caused by burdensome circumstances. Stress doesn't just affect our mental state and mood; it affects our physical health as well. When we are much stressed, a hormone called cortisol is released into our bloodstream, suppressing the functioning of our immune, digestive and reproductive systems. That is why it is so important to practice stress management to keep our minds and bodies healthy.

**Name/ Schedule of the Activity:** Stress Management

#### **The objective of the Activity:**

- Recognize the impact of stress on modern life,
- Understand the body's biochemical reactions to stressors,
- Identify common stress indicators and stress-related diseases,
- Review various strategies to help cope with stressors more effectively.

#### **Brief Report**

A session was conducted by Dr. Preeti Madan, on stress management where she discussed various reasons what are the major root causes of stress? She further added various types of stress. However, on the solution side, she discussed various techniques one should follow like doing regular meditation, differentiate between waste thoughts, negative thoughts as they consume most of the energy, read healthy articles, disciplined life etc. At last, a 15min beautiful meditation session was conducted.

About Dr. Preeti: Dr. Preeti is a duly registered practitioner of homoeopathy. Some of her major skills include counselling, relationship management, team building and proficiency in

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general management. She has strong leadership traits and is a quick decision-maker with strong rational thinking. She has worked in varied fields such as hair and skin clinics.

### **C. Photographs**



**Faculty Coordinator**



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Vivekananda Institute of Professional Studies  
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Ms. Neha Verma  
VSIT, VIPS