



Vivekananda Institute of Professional Studies - Technical Campus

Affiliated to Guru Gobind Singh Indraprastha University, Delhi, Recognised by Bar Council of India and AICTE
NAAC Accredited Grade 'A' Institute, NBA Accredited for MCA Programme
Recognised under Section 2(f) by UGC, ISO 9001:2015 Certified Institution

Vivekananda School of Information Technology

LET'S UNWIND: How to Beat and Manage Stress Through Yoga

Signs of stress in youth can show up in several ways and they don't always have the words to describe how they are feeling and sometimes tension bubbles over into a bad mood. Many studies have shown that yoga may help reduce stress, anxiety and depression. Yoga can enhance your mood and overall sense of well-being.

Vivekananda School of Information Technology (VSIT) organized a session on “Let's Unwind: How to beat and manage stress through Yoga” on 29th January 2022 for VSIT students to live a healthy and stress-free life. The session was organized by a group of students under the supervision of **Ms. Kanta Malik** and was conducted on Microsoft Teams. Two guest Speakers **Mr. Jaspal Singh** and **Ms. Megha Mittal**, certified Yoga instructors, delivered an amazing and interactive session talking about causes, symptoms and solutions to overcome stress through Yoga. Ms. Megha helped students to recognize their stress triggers and how to manage them. Mr. Jaspal introduced different relaxation techniques for stress to conquer it in different ways. They enhanced the knowledge of students to understand conditions where yoga may have a preventive, curative and rehabilitative role. It was attended by around 100 students and faculty members. All the queries/questions were beautifully answered and explained in detail. Appreciated the guest speakers for their valuable time by providing them E-Certificates. The session ended successfully with the group picture and smiles on everyone's face.



योग: कर्मसु कौशलम्
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Presents

LET'S UNWIND

Beat and Manage Stress Through Yoga



MR. JASPAL SINGH



MS. MEGHA MITTAL

Certified Yoga Instructors

DATE

29 January 2022

TIME

10:30 Onwards

PLATFORM

Microsoft Teams

Faculty Coordinator

Ms. Kanta Malik

Student Coordinators

Prerna Maheswari

Anjali Gupta

Ajay Aggarwal

Chanchal Soni



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Let's Unwind Beat And Manage Stress Through Yoga

50:58

Participants

Type a name

Presenters (8)

- CS CHANCHAL SONI
- AA Ajay Aggarwal
- AG ANJALI GUPTA
- J JASPAL & MEGHA (Guest) Meeting guest
- KG Kushal Ghosh
- Ms. Kanta Malik On hold
- PM PRERNA MAHESHWARI
- RM RUCHIKA MAHESHWARI Organizer

Attendees (78)

- AB AAKASH BHATT

JASPAL & MEGHA (Guest)

Let's Unwind Beat And Manage Stress Through Yoga

30:29

Participants

Type a name

Presenters (8)

- CS CHANCHAL SONI
- AA Ajay Aggarwal
- AG ANJALI GUPTA
- J JASPAL & MEGHA (Guest) Meeting guest
- KG Kushal Ghosh
- MG MEGHA GUPTA
- PM PRERNA MAHESHWARI
- RM RUCHIKA MAHESHWARI Organizer

Attendees (63)

- AB AAKASH BHATT

Stress, Anxiety and Depression

- **Stress** is an everyday part of our lives and a normal reaction to a situation where you feel under pressure. It's part of our primal "fight or flight" response and is intended to keep us safe and alive
- Stress causes your body to release stress hormones, which stimulate your brain and body. Over time, that type of stimulation can take a negative toll on an older person.
- **Anxiety**, however, is still having those feelings of stress long after the actual offending event has passed. This constant feeling of being stressed, even though there no longer exists an imminent stressful situation you have to deal with, is what is classed as anxiety.
- **Depression** is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration.

JASPAL & MEGHA (Guest)



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