

Mentoring Session on Stress Management

DATE: 21/02/2022

Event Coordinator(s)

1. Kunal Meher

Time & Place:

21/02/2022

(09:00AM-10:35AM)

Online session using Zoom,

Xavier Institute of
Engineering,

Mahim, Mumbai

Department:

All

No of participants: 335

EVENT: Mentoring Session on Stress Management

Resource Person: Ms. Shama Nabar, MA in Industrial Psychology and a PGD in Counselling Psychology from St. Xavier's college, Mumbai.

Target audience: SE, TE & BE students of Comp, IT and Extc

This session was conducted with Zoom online platform, 335 participants from the institute attended it.

Topics Covered:

1. What is stress?
2. Tips and Tricks to control stress
3. Dos and Don'ts for the student to avoid stress.

Session Recording link -

<https://drive.google.com/file/d/1Id2X9Mjk3XI29pGZSeBneKPC8P-OXymb/view?usp=sharing>

Student Feedback and Benefits:

- More sessions on mental health and counselling especially for students.
- It really helped me think about my decision making and how I can make my life stressfree
- Its really a excellent session. It helped me in understanding my weakness and finding ways for improving myself. It will be really great to attend such motivating sessions in future.
- THE SESSION WAS ABSOLUTELY GOOD ,SOME OF THE THINGS I KNEW ALREADY ,AND MANY THINGS I GOT TO LEARN,AND THAT'S WHY I FOUND IT INTERESTING



Kunal Meher
Asst. Prof. and HOD
(Comp Dept)

Images

The image shows a Zoom meeting interface. The top portion displays a PowerPoint slide titled "What Is Stress ?". The slide content includes:

- It is your Mind and Body's response to a challenge or a demand. It is a reaction to a real or imagined threat, event or any change that's taking place.
- The threat , event or change are commonly called stressors. Stressors can be either **Internal or External**.
- A quote box: "Its not stress that kills us, it is our reaction to it." ~ Hans Selye

The bottom portion of the image shows the Zoom chat window with the following messages:

- Kaustubh Upadhyay to Everyone**: Thank you ma'am
- Dhruv Agrawal to Everyone**: Thankyou mam
- Anisha Prabhu to Everyone**: Thank you ma'am
- IT_201903044_Nihal Shah to Everyone**: Thank You ma'am it was a very helpful session!
- Sumeet Sharma_28_EXTC to Everyone**: it was wonderful session ma'am, Thank you
- Sharon Ganta to Everyone**: Thank you ma'am

The Zoom meeting controls at the bottom show 222 participants, a recording in progress, and a temperature of 27°C. The Windows taskbar at the very bottom shows the time as 10:32 on 21-02-2022.