

Notice Regarding One Day Workshop on "Stress Management" organizing by Faculty of Education

Communication Cell IUL <communications@iul.ac.in>
Bcc: faculty@iul.ac.in

Fri, Nov 24, 2023 at 8:40 AM

Dear All,

We are pleased to inform you that the Faculty of Education is organizing a one-day Capacity Building Workshop on "Stress Management" under the aegis of **United Nations Academic Impact Principle-4**. The Principle-4 is "*A commitment to the Opportunity to every interested individual to acquire the skills and knowledge necessary for the pursuit of Higher Education*". The workshop will be a blend of a theoretical framework as well as hands-on activities to manage "Stress". The resource person for the workshop is Dr. Parul Prasad, Assistant Professor, Career Institute of Medical Sciences and Hospital, Lucknow.

Following are the details of the workshop:

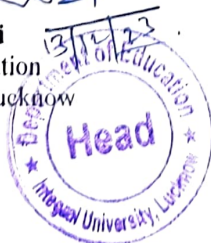
Topic	Stress Management
Resource Person	Dr. Parul Prasad Assistant Professor Career Institute Of Medical Sciences And Hospital, Lucknow
Highlights	Theoretical Aspect: ● Causes and Symptoms of Stress Practical Aspect: ● How to calculate your own stress ● Different Techniques of dealing with Stress ● How to develop skills to cope up with Stress
Date & Day	28 th November, 2023, Tuesday
Time	11:30 a.m. onwards
Venue	Hall No. 2, Central Auditorium
Participation	Open to all students and faculty members of Integral University.

Looking forward to enthusiastic participation from Students, Research Scholars and Faculty members of all the departments of Integral University.

Note: If any Query, contact to event coordinator, Dr. Manisha Singh, manishas@iul.ac.in, and Dr. Shagufta Nazneen Ansari, shaguftana@iul.ac.in

Best Wishes:

Prof. (Dr.) A. K. Lodi
Head, Deptt. of Education
Integral University, Lucknow



Report on "Stress Management" workshop-Faculty of Education

Communication Cell IUL <communications@iul.ac.in>
Bcc: edfc@iul.ac.in

Wed, Dec 13, 2023 at 10:18 AM

Brief Report
on
One-day workshop on
STRESS MANAGEMENT
On
28'Nov'2023
Organized by
Faculty of Education

The Faculty of Education at Integral University, Lucknow, proudly hosted one one-day workshop on **"STRESS MANAGEMENT"** under the *aegis of United Nations Academic Impact Principle-4*. Principle-4 is *"A commitment to the Opportunity to every interested individual to acquire the skills and knowledge necessary for the pursuit of Higher Education"*. To train oneself on how to manage Stress is one of the most important skills for living a balanced life. The event was organized on Tuesday, November 28, 2023, from 11:30 a.m. at Hall 2, Central Auditorium, Integral University. The lecture was delivered by **Dr. Parul Prasad, Assistant Professor at the Career Institute Of Medical Sciences and Hospital Lucknow**. The coordinator of this event was Dr. Manisha Singh, Assistant Professor from the Faculty of Education, Integral University, Lucknow.

The welcome note and introduction of the speaker was given by Dr. Dhriti Tiwari. The first address of the session was by Prof. (Dr.) A. K. Lodi, Head of the Department, along with the formal welcome of the guest, Prof. Lodi put some light on the topic and also expressed the need to manage Stress to maintain work and life- balance. Further, Dr. Parul Prasad, the resource person of the workshop addressed the audience with her expertise. The highlights of the workshop were:

- Light on the theoretical framework of "Stress" focusing on Types, Symptoms, and Conditions.
- Presentation on Statistics Survey on few important questions regarding STRESS
 - Report on how many students feel stressed often?
 - Appetite changes are not a symptom of stress.
 - 30% of people report work is a significant source of stress.
 - Stress can affect your menstrual cycle.
 - 25% of people have trouble sleeping because of stress.
- The Worksheet on Perceived Stress Scale (PSS) and Recognizing Stress was circulated to the audience to know their state of Stress.
- In between mindful exercises were done to calm the mind and to regulate the pulse rate
- Activities for Meditation were also done and Ways to mediate were also practiced with the audience.
- Techniques such as ABC-Technique(Adversity, Beliefs, Consequences), Deep Breathing Exercises, and everyday strategies to reduce Stress.
- Food Items which increase and decrease Stress.

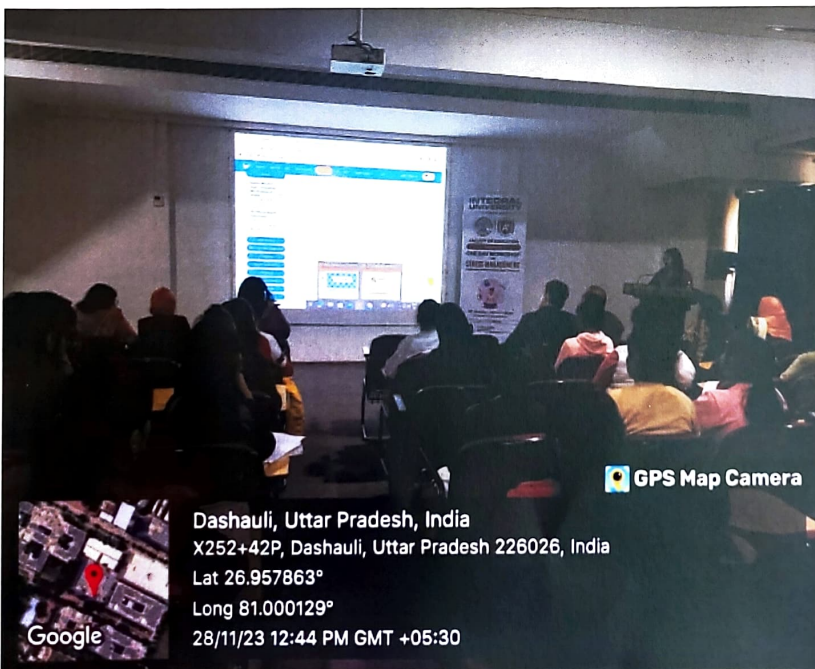


The concluding address on the gist of the workshop was given by Dr. Manisha Singh along with a question and answer round with the audience. Lastly, the vote of thanks was given by Dr. Dhriti Tiwari in which she thanked our esteemed guest speaker, Dr. Parul Prasad for her enthusiastic and highly engaging lecture and the faculty, students, and dedicated team behind the scenes for their active participation and support. She also emphasized the point that this workshop is equally beneficial for students and teachers as it is high time that we know how to strike the right balance between different facets of life and our personalities.

Glimpses of the Guest lecture:



Formal Welcome of the resource person by Prof. (Dr.) A.K. Lodi, Head, Deptt. of Education



Address on the topic by the resource person Dr. Parul Prasad, Assistant Professor at Career Institute Of Medical Sciences And Hospital Lucknow

Handwritten signature and date: 13/12/23. A circular stamp from the Faculty of Education, Integral University, Lucknow, is also visible.



A group photograph at the end of the workshop.

Thanks
Prof. (Dr.) A. K. Lodi
Head, Deptt of Education
Integral University, Lucknow
Contact No: 9044796209
Extn No. 5020

