

# NADAR SARASWATHI COLLEGE OF ENGINEERING AND TECHNOLOGY

Vadapudupatti, Annanji (po), Theni – 625 531

## Webinar on "Stress Management for Achieving Personal and Professional Success"

Title of the event	:	Stress Management for Achieving Personal and Professional Success
Date of the event	:	8 <sup>th</sup> August 2020
Mode of the event	:	Online mode
About the event	:	Webinar aims to provide participants with practical strategies to effectively manage and reduce stress. It aims to enhance personal well-being, boost productivity, and improve overall performance in both personal and professional life. This webinar seeks to empower individuals with the tools and knowledge needed to achieve success while maintaining a healthy work-life balance.
Guest Speaker Details	:	Mr. Dnyaneshwar Kishan Rao Chakradev, Assistant Professor in Communication Skills, Department of Applied Sciences & Humanities, M.C. T'S Rajiv Gandhi Institute of Technology, Mumbai. <a href="mailto:dchakradev@gmail.com">dchakradev@gmail.com</a>
Participants Details	:	88 Participants
Organized by	:	Department of Computer Science and Engineering
Overall Report of the Event	:	Webinar was a highly informative and valuable event. It covered a wide range of stress management techniques, from mindfulness and relaxation exercises to time management and resilience strategies. Participants gained practical insights into reducing stress and enhancing their personal and professional lives. The speakers provided actionable advice and real-life examples, making it an engaging and effective learning experience. Attendees left the webinar equipped with the tools to better manage stress and achieve success in their careers and personal lives.
Outcome of the Event	:	The webinar successfully equipped participants with practical stress management techniques, fostering a healthier work-life balance and improved personal and professional well-being. Attendees left with actionable strategies to achieve success while minimizing the negative impact of stress.



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