

## **ASSIGNMENT No : 8**

### **STRESS MANAGEMENT**

Lecture by **Mr. Pushpak Pawar** (Freelancer in digital marketing and Yoga trainer)

#### **Summary:**

A guest lecture was organized by our college on the topic of “**STRESS MANAGEMENT**” on the 23rd of November 2022. The lecture was very helpful as the lecturer taught us how to tackle stress full times and relax your self. The lecturer was very friendly and his voice was also relaxing. The lecturer started the lecture by asking the students what is the meaning of stress. There were many different answers of the question, after listening the answers the lecturer told us what actually stress was and the various reasons because of which you get stressed. The lecturer told us various techniques on how to conquer stress like sleeping properly, eating healthy food, exercising regularly, Yoga . The lecturer then told us to do some techniques practically while seating in the Auditorium, he told us to close our eyes and put your hands vertically near your chest and then clear your thoughts from you mind and let the hands relax. In next technique the Lecturer asked us to relax our hands and shake them frequently.

The lecturer then asked us to close our eyes and start feeling enery in different parts of our body such as left leg, right leg, etc.

The Following Points were discussed in the lecture:

#### **a) What is stress management?**

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include a decline in physical health, such as headaches, chest pain, fatigue, and sleep problems, as well as depression. The process of stress

management is named as one of the keys to a happy and successful life in modern society.

**b) Different ways to cope up with stress?**

- 1) Have a proper Sleep schedule of at least 7 hours
- 2) Eat healthy food and at the right time.
- 3) Exercise regularly for atleast 30mins
- 4) Have a positive attitude
- 5) Stop overthinking

**My Observations:**

The session was very helpful for students as the exams times are near and students start to get more stressed due to submission, studies, etc. So there must be some help to the students to cope up with the stress. The lecture was also like an event where students could relax themselves from the daily college routine.