# MGM’s

# College of Computer Science & IT, Nanded.

# Positive Psychology and Stress Management Report-2022

One day Positive Psychology and Stress Management session was organized on 7 September 2022 by Department of Computer Science & IT, Nanded for B.Sc.(CS),BCA, B.Sc.(BT)B.Sc.(BI),M.Sc.(SE),M.Sc.(BT),M.Sc.(BI)

The resource person for the Positive Psychology Stress Management Session was Dr.Rameshwar Bole. Prof. Kotgire S.L (Principal) welcomed and gave a brief introduction of the resource person.

A one day workshop was conducted on 19th November 2022 ‘Positive Psychology and Stress management’. This workshop was organized specially for the students of CS and IT. The details of workshop are as given below.

Physical comforts are increasing day by day but at the cost of increase in mental stress.

Student spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind becomes stressful. They may have headaches, they are tired, and they are so exhausted that they just want to crawl into bed and sleep. Yoga not only releases mental stress, but it also give strength to the body and mind. Relaxation & meditation brings sound sleep and calmness to the mind.

Following are the tips given by Dr.Rameshwar Bole on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living.

All of the above tips given in the session seemed very useful and efficient to reduce the stress. The participants of the workshop had a wonderful experience during various practice and exercises. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved.

* Structure each day to include a minimum of 20 minutes of exercise.
* Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.
* Substitute fruits for desserts.
* Avoid addiction.
* Drink water.
* Deep breathing.
* Get at least 7 hours of sleep.
* Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.

The session gave the students and the faculty members an opportunity to learn how to manage stress in their daily lives.

**Photographs**

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| **Workshop Coordinator** | **(H.O.D.CS & IT)** | **Principal** |
| Dr. Dahale S.V.  Mr. Bolwar S.S.  Ms. Malge S.M. | Dr. Mrs. Nandedkar K.A. | Prof. Kotgire S.L. |
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