



Vision:

To cultivate a world where individuals have the knowledge, tools, and support to effectively cope with and reduce stress. We envision a society that prioritizes mental well-being, where stress is understood as a universal experience, and proactive measures are taken to mitigate its negative impact.

Objective:

To raise awareness about stress and its effects on physical and mental health. Through educational programs and initiatives, we aim to destigmatize conversations around stress, fostering a culture where seeking help and employing stress management techniques are seen as proactive and empowering choices.

Event Overview

EVENT NAME	Stress Management
DATE AND TIME	08th Aug 2023
VENUE	Shetty Institute of Technology Kalaburagi

Event Description

Brief Description

In stress management, our vision is to create a global culture that recognizes and addresses stress proactively. We aim to increase awareness about stress, provide individuals with diverse stress management tools, and foster a supportive environment where seeking help is encouraged. By integrating stress management into education, workplaces, and communities, we strive to make these resources widely accessible. Corporate involvement and government policies play crucial roles in prioritizing mental well-being. Ultimately, our vision is a world where stress is understood, managed effectively, and contributes to a healthier, more resilient global society.

Objectives

- **Raise Awareness:** Increase public understanding of stress, its causes, and its impact on mental and physical health.
- **Destigmatize conversations around stress to encourage open dialogue.**
- **Education and Skill Building:** Provide education on various stress management techniques, including mindfulness, relaxation exercises, and healthy coping mechanisms.
- **Equip individuals with practical skills to recognize and manage stress in their daily lives.**
- **Integration into Education and Workplaces:** Advocate for the integration of stress management education in schools and universities.
- **Encourage workplaces to implement stress management programs and create a supportive environment.**
- **Accessible Resources:** Ensure widespread accessibility of stress management resources through online platforms, community programs, and mental health services.
- **Promote the development of user-friendly tools and applications for stress tracking and management.**

Yoga day



Encouraging active participation is another crucial goal, inspiring individuals of all ages and fitness levels to partake in yoga practices. Through collective engagement, we envision the formation of a global community united by a shared commitment to mindfulness and inner balance.

