



Peer Pressure and Stress Management Session

Date: 25 September 2023

Organized by: School of Engineering and Technology (SOET)

In Collaboration with: ISKCON

The School of Engineering and Technology (SOET) organized an engaging and insightful session on “*Peer Pressure and Stress Management*” in collaboration with ISKCON on 25 September 2023. The session was specifically designed for the staff members to enhance their understanding of stress triggers, peer influence, and effective coping mechanisms in both professional and personal environments.

The resource speakers from ISKCON emphasized the importance of inner peace, emotional balance, and spiritual well-being as foundations for managing stress and overcoming peer pressure. Through interactive activities, thought-provoking discussions, and guided mindfulness practices, participants learned practical strategies to handle workplace challenges, interpersonal relationships, and emotional turbulence with composure and confidence.

The session highlighted key aspects such as recognizing the signs of stress, identifying healthy outlets for emotional release, and fostering a supportive work culture rooted in empathy and understanding. The interactive nature of the workshop encouraged staff members to share their experiences and learn from one another, thereby promoting collective growth and self-awareness.

The event concluded successfully with participants expressing gratitude for the valuable insights shared by ISKCON representatives. The session left the attendees inspired and empowered to apply stress management and mindfulness techniques in their daily professional and personal lives, ensuring better emotional health, productivity, and overall well-being.



Picture 1: Group photograph with ISKON representative



Picture 2: ISKON representative addressing the Staff and Student

