



Stress Management Session for Staff

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Date: 21 November 2023

Organized by: School of Engineering and Technology (SOET), K.R. Mangalam University

A Stress Management Session for the faculty members of the School of Engineering and Technology (SOET) was successfully organized on 21st November 2023 at K.R. Mangalam University with the objective of promoting mental well-being, emotional balance, and a positive work environment among the teaching staff. Recognizing the challenges faced by educators in managing academic responsibilities, student interactions, and administrative tasks, the session aimed to raise awareness about the underlying causes and long-term effects of stress while providing practical strategies for effective stress management in both professional and personal contexts.

The session was conducted by an experienced wellness expert, who shared valuable insights into understanding stress patterns and identifying early signs of burnout. The interactive workshop included guided mindfulness practices, deep breathing exercises, and short meditation sessions, designed to help participants relax and rejuvenate. The facilitator emphasized the importance of maintaining a healthy work-life balance, adopting a positive mindset, and developing self-care routines to enhance overall productivity and mental peace.

The session encouraged open dialogue, allowing faculty members to share their own experiences of managing pressure, workload, and emotional fatigue. These discussions created a sense of connection and mutual understanding, reminding participants that stress is a universal experience but can be effectively managed with awareness and consistent practice. The wellness expert also introduced practical tools such as time management techniques, prioritization methods, and mindfulness-based relaxation approaches that could be easily incorporated into daily life.

Throughout the session, the participants displayed great enthusiasm and involvement, actively engaging in activities and reflective discussions. The positive and calming energy in the room fostered a sense of collective well-being, reinforcing the idea that mental health is an essential component of professional success and personal fulfillment.

The outcome of the session was highly positive, as participants expressed that the session not only provided relief and relaxation but also equipped them with tangible strategies to

handle stress more effectively. Faculty members appreciated the initiative, acknowledging that such programs play a crucial role in building emotional resilience, improving focus, and enhancing overall happiness.

The event concluded with a collective reflection exercise, where faculty members shared their key takeaways and pledged to apply stress management practices in their daily routines. The session received overwhelming appreciation and feedback, with a shared consensus that similar wellness programs should be conducted regularly to foster a healthy, motivated, and supportive academic atmosphere at K.R. Mangalam University.



Picture 1: Expert is addressing the audience



Picture 2: Expert is addressing the audience