

**ISTE STAFF CHAPTER (TN 205)  
ACADEMIC YEAR 2023-24(EVEN SEMESTER)**

**Staff Seminar Report**

A one day seminar titled “**Finding Serenity: Strategies for Stress Management**” was organized by ISTE Staff Chapter [TN 205] on **22.02.2024** from 3.00p.m. to 4.00p.m. to the faculty members of Kings College of Engineering with an objective to offer a better understanding of Stress Management. Welcome address was delivered by **Mrs.T. Gnanajeya**, Coordinator / ISTE Chapter. The session was handled by the resource person **Mr. A. Sagaya Albert**, Assistant Professor / Department of Civil Engineering.

Stress management offers a range of ways to help you better deal with stress and difficulty, also called adversity, in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a difficult event. It's a common part of everyone's life.

The first step of stress management is identifying the source of stress in your life. It is not as easy as that but it is essential. There can be a number of ways to release this anxiety and pressure. Firstly, people need to learn to maintain work-life balance which is essential for leading a happy and fulfilling life. There are many stress management programs available these days that are very helpful in handling mental pressure.

Secondly, physical activities are considered as a stress buster by many medical professionals. For example, yoga and power yoga have proven to be successful in improving both mental and physical health. Thus people can join some sports or physical activity on a regular basis to reduce their day to day life stress.

Stress is a complex phenomenon and is the body's response – which serves as a survival instinct – to any danger. Stress is a state of mind reflecting certain biochemical reactions in a human body, which is projected by a sense of anxiety, panic, or depression. Stress management becomes necessary as it helps an individual break the hold that stress has on one's life. Stress can harm one's mental and physical health, so managing stress helps one live a healthy life.

Stress management helps achieve a balanced life's ultimate goal, with proper time for work, family, relationships, fun, and relaxation. It also gives the resilience to work under pressure and face challenges head-on. However, as not every individual is affected by the same things, similarly not the same things cause everyone's stress. So, the stress management technique for every individual is different.

All in all, we can control our stress levels with relaxation techniques that evoke the relaxation response of our body. It is the state of restfulness that is the opposite of the stress response. Thus, when you practice these techniques regularly, you can build your resilience and heal yourself.

Totally 22 faculty members actively participated in this session and gained knowledge about Strategies for Stress Management. Vote of thanks was given by **Mrs.T. Gnanajeya**, Coordinator / ISTE Chapter.



*Resource Person's Talk*



*Audience listening the seminar*

*M. J. [Signature]*  
Coordinator / ISTE Chapter 28/2/24

*J. [Signature]*  
23/3/2024  
PRINCIPAL