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Dr. Gaurav Aggarwal
Convenor, SGRWO

Name of the Event- Webinar on "Stress Management"

Date of the event- July 28, 2021

Platform: Zoom

Guest Speaker- Dr. Manjushri Sharma, Assistant Professor UIAMS Punjab University

Organization- Maharaja Agrasen Institute of Management Studies

On July 28th, Maharaja Agrasen of Management Studies along with the Students Grievance Redressal and Welfare Office under the aegis of IQAC organized a webinar on "Stress Management" to counter stress and edify students on how to pull through grave issues like depression and anxiety amid workload. The webinar was open to all the students and approximately 100 people were in attendance.

The welcome address was given by Dr. Charu Mohla, Associate Professor MAIMS on the behalf of the organization. She expressed heartfelt gratitude to the Founder Chairman and Chief Advisor Dr. Nand kishore Garg for being a source of inspiration and support. She also welcomed Prof. SK Garg, Director General MAIMS; Prof. GP Govil, Advisor MAIMS and Prof. Ravi Kumar Gupta, Director MAIMS .

Prof. Sangeeta Malik, Senior Faculty MAIMS then introduced and welcomed the resource person Dr. Manjushri Sharma, and spoke a bit about 'Stress'. Dr. Sharma then took over and started her presentation with the quote "Stress is a central concept for understanding both life and evolution". She described the concept of Stress, Eustress, and Distress and explained how Eustress(beneficial stress) is very important for us and we must all have a little bit of stress or we won't have any drive in us. She explained how biological, occupational, political, and social environments create stress and disturb our internal balance. She quoted that whatever response you show to the stress is going to either make you or Mar. The response to stress defines what you're going to do for the rest of your life mentally, physically, socially, and spiritually. She then shared some real-life situations with the participants, which cause the perception of stress in people, for e.g. Being caught in traffic, poor performance, irritated, paranoid, and many more.

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Biological response to a stressor (Acute stress response)

Changes in cardiovascular, immune, endocrine, and nervous system

Release of stress hormones to make energy stores available. Energy diverted to muscles and brain; cells of immune system become active.

Stress hormones (catecholamine and cortisol)

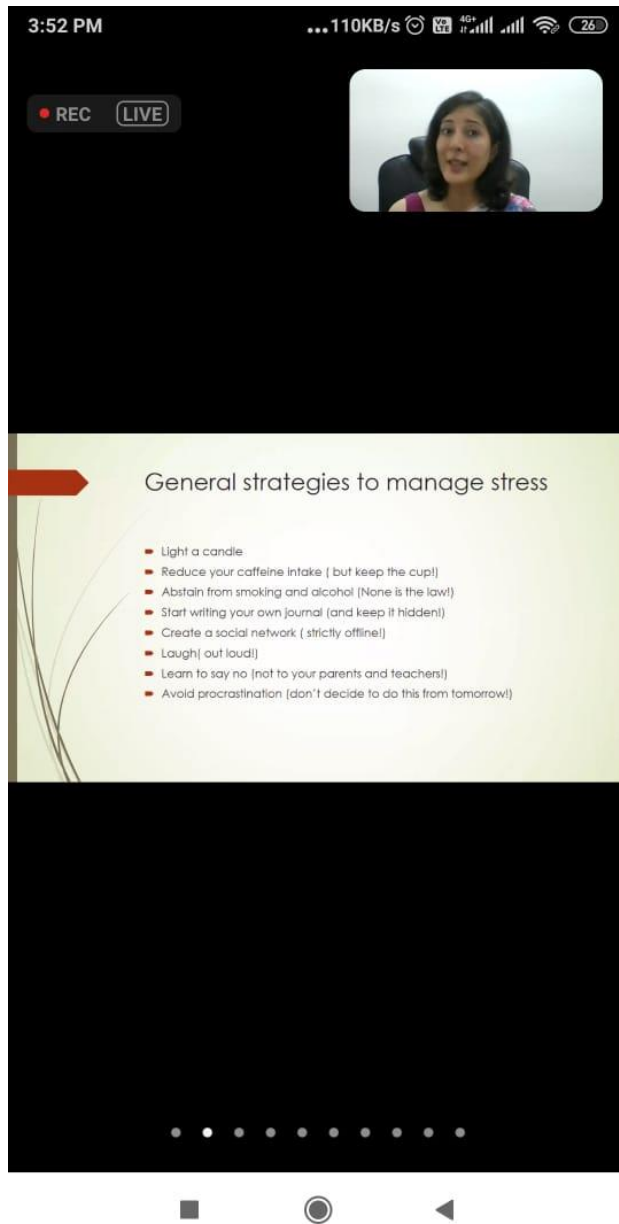
Promote lipolysis and glucose production. Increase in blood pressure.

Cells for immune response released in blood circulation (macrophages and natural killer cells)

Reach battle stations. Facilitate healing.

Dr. Manjushri Sharma's screen

She discussed that when you put physical stress on your body through exercise, it relieves mental stress. She then asked all the participants to take a paper for the energizer exercise that she was going to conduct. She requested the faculty members to add this activity as a part of the internal assessment and students were to be given marks on how they perform at that time. One minute was given to perform the exercise. She asked the participants to listen before they do anything. She then asked participants to put their name on the upper right corner of the paper, circle the name, draw five small squares in the upper left corner of the paper, put a cross in each square, put a circle around each square, sign their name in the lower-left corner; under their sign, write yes-no-yes-no; put a circle around the first letter of each word, put a triangle in the lower right corner, draw a rectangle around that triangle, draw a circle around that rectangle. After all this, she said that the instruction is to do nothing. she said that it was just to test their response to stress. She then asked how many of the participants actually left the paper blank, to which one participant responded her name. Dr. Sharma then left the result for introspection by all of the participants. She explained to everyone how their acute response started when she added it to the internal assessment and most of the students panicked. She said that this is what happens when you let your body be governed by your mind rather than your brain. She also shared some general strategies to manage stress.



She further asked everyone to assess if they're depressed by following a questionnaire. She raised 7 questions to the participants and if the answer to at least 3 or 4 is yes for 2 or more weeks, the person may need help. She suggested undertaking the Stress Management Guide by WHO if the general strategies don't work out. She summarized Stress Management with the 4 A's- Avoid, Alter, Accept and Adapt.

She concluded her presentation with the quote "Much of the stress that people feel doesn't come from having too much to do. It comes from the finishing what they've started".

The anchor Pratush Sharma then opened the house for questions. Dr. Shaveta Gagneja, Assistant Professor MAIMS shared how she liked the presentation and thanked Dr. Sharma. Student Pratush Sharma then asked Dr. Sharma how one should manage his actions as people generally tend to lose control in sudden situations. Dr. Sharma expressed that this can be because of the absence of a self-disciplined environment. She shared tips to stop and rethink before saying or doing anything which one could repent later on.

Dr. Gaurav Aggarwal, Convener Students Grievance Redressal, and Welfare Office presented the vote of thanks. He shared that this successful event did not just happen overnight. He thanked Dr. Vinita Gupta, Dr. Deepak Dagar, Dr. Shefali Ahuja, Dr. Praveen Kumar Singh, and other faculty members for their untiring efforts. The webinar was considered successful by everyone.

As per the feedback received from the audience, approximately 84% of them found the content of the webinar to be excellent and more than 60% of the audience felt an increase in their knowledge about the topic. They even rated the resource person 4 out of 5 on the basis of content, presentation and ability to retain the attention of participants.

Report by-

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