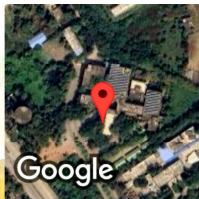


**INSTITUTE OF MANAGEMENT STUDIES
DEVI AHILYA VISHWAVIDYALAYA, INDORE**

Name of Event	STRESS MANAGEMENT SEMINAR
Date of Event	22th February 2024
Timings of Event	2 Pm
Name of Guests and their Designation	Dr. PAWAN RATH Mr. DHEERAJ JAISWAL
Venue	IMS Campus
Event In-charge and Members	Dr. C.C. Motiani Dr. Bhawna Pal
Summary of	
	<p>The Rudraksh Club of Institute of Management Studies (IMS), with collaboration of Dr Reddy's Limited hosted a seminar on Stress Management featuring Dr. Pawan Rathi a consultant Psychiatrist at Dr Rathi Mind Centre.</p> <p>The session aimed to equip participants with practical strategies for managing stress effectively in their personal and professional lives.</p> <p>Key Topics Covered:</p> <p>Understanding Stress: The speaker began by discussing the nature of stress, its impact on physical and mental health, and common triggers.</p> <p>Stress Identification: Participants engaged in activities to identify their individual stressors and recognize the signs of stress in their own lives.</p> <p>Coping Strategies: Various coping mechanisms were explored, including mindfulness techniques, relaxation exercises, time management strategies, and effective communication skills.</p> <p>Healthy Habits: The importance of maintaining a balanced lifestyle through regular exercise, healthy eating habits, adequate sleep, and social support networks was emphasized.</p> <p>Resilience Building: Participants learned about the concept of resilience and how to cultivate it through positive thinking, problem-solving skills, and self-care practices.</p> <p>Stress Reduction Techniques: Practical techniques such as deep breathing, progressive muscle relaxation, visualization, and guided imagery were demonstrated and practiced.</p> <p>Goal Setting: The session concluded with participants setting realistic goals for managing stress and developing personalized action plans to implement the strategies discussed.</p> <p>The event concluded with Question-and-Answer session.</p>



GPS Map Camera



Indore, Madhya Pradesh, India

Utd, Campus Bhawarkua, Khandwa Road, MVRC+F4H, Khandwa Road, Davv Takshila Parisar, Indore, Madhya Pradesh 452001, India

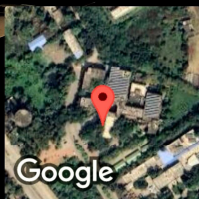
Lat 22.691272°

Long 75.870223°

22/02/24 02:03 PM GMT +05:30



GPS Map Camera



Indore, Madhya Pradesh, India

Utd, Campus Bhawarkua, Khandwa Road, MVRC+F4H, Khandwa Road, Davv Takshila Parisar, Indore, Madhya Pradesh 452001, India

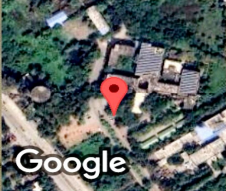
Lat 22.691271°

Long 75.870222°

22/02/24 02:00 PM GMT +05:30



GPS Map Camera



Indore, Madhya Pradesh, India
Utd, Campus Bhawarkua, Khandwa Road, MVRC+F4H, Khandwa Road, Davv Takshila Parisar,
Indore, Madhya Pradesh 452001, India
Lat 22.691104°
Long 75.870032°
22/02/24 03:03 PM GMT +05:30