Sri Leo Muthu Innovation centre

Sri SAIRAM COLLEGE OF ENGINEERING
Anekal, Bengaluru

Accredited by NAAC
ISO 9001:2015 Certified Institution
Approved by AICTE, New Delhi
Affiliated to Visvesvaraya Technological University
www.sairamce.edu.in

4 QUALITY EDUCATION

Department of Computer Science and Engineering

Report on "Stress Management" – reg.

Date:25/2/2020

"To overcome the stress, The IQAC of Sri Sairam College of Engineering in association with ICT ACADEMY organized2 day Faculty development program on **"STRESS MANAGEMENT"** on 25th& 26th February 2020. Prof. Sivaprakash. C, SPOC & HOD-ECE welcomed the resource person and all Heads of departments joined hands to welcome the resource person with momentum. The resource person was Mr. Nirmal Kumar from ICT ACADEMY. He briefed about the stress, types of stress and how to rectify all the stress n this regard various team building activities where conducted for the faculties. The session was attended by 42 staff members of both teaching and non-teaching staff of our college with 6 faculties from other college in Karnataka like KLE society, Vemana College of Engineering, Raja Rajeswari College of Engineering.

Day(25/02/2020)

Initially he started with an Activity. In this Activity he made 4 teams and gave 15 mins to prepare to know about each other. He asked to give Team Name, Team Logo and team Song. Later he started to give input on sign of stress. In session 1 (10.30 to 11.15) he covered what causes Physical Stress and Mental Stress. He showed some video to identify whether the person is under stress or not. From 11.30 – 1.00 pm he covered Sources of Stress (Social Stress, Physiological Stress, and Environmental Stress), organizational Stress and Types of Stress. He related types with the work related issues. Also he gave an idea to relax when multi task is given at the same time. Also he gave some good examples to know about the level of performance under Eustress, Distress, Hyper Stress and Hypo stress

(26/02/2020)

The session started by 9.30 am with an motivational videos and later he started with PPT giving inputs on Self Confidence, Self-Control and Self Love. Later he asked to write the daily routine and asked the teams to segregate in four quadrants and said about what is important tin life and how to identify which is important. He gave the quadrant inputs to create Stress free life cycle. The session concluded with Vote of Thanks by Dr. P. Gangavathi, Director IQAC and the session was concluded with a National Anthem.

Sivaprakash.
SPOC ICT Academy

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