



REPORT

Workshop on Stress Management Behind the Wheels (For Drivers of SRM)

Date: February 5, 2025

Time: 10:00 AM – 12:30 PM

Venue: GD Naidu Hall, Main Campus

Organizers: Directorate of Career Centre, SRM Institute of Science and Technology,
Kattankulathur

Advisory Committee

Dr. N. Venkata Sastry, Director, Career Centre, SRMIST

Dr. P. Madhusoodhanan, Head, Career Development Centre, SRMIST

Conveners

Dr. R. Kumaravel, Associate Professor Career Development Centre, SRMIST

Dr. M. Sneha Latha, Associate Professor Career Development Centre, SRMIST

Dr. P. Suresh, Assistant Professor Career Development Centre, SRMIST

Total Participants: 150 Drivers of SRM

The Directorate of Career Centre at SRMIST successfully organized a specialized awareness and well-being program exclusively for SRMIST drivers. The event aimed to enhance their mental well-being, stress management skills, and overall personal and professional development. The program featured expert sessions, interactive discussions, and motivational talks, ensuring that the drivers received valuable insights into handling stress and improving their overall health.

Program Schedule & Key Highlights

The event commenced with an Invocation and the Lighting of the Lamp, symbolizing wisdom, enlightenment, and the pursuit of knowledge. The dignitaries and speakers, along with senior officials, participated in this inaugural ceremony to mark the beginning of the workshop.

Welcome Address

Delivered by **Dr. P. Madhusoodhanan**, Head of the Career Development Centre, SRMIST. He warmly welcomed the participants and highlighted the importance of stress

management for individuals engaged in demanding professions such as driving. He appreciated the efforts of the organizers in bringing awareness to this crucial aspect of professional life.

Presidential Address

Given by **Dr. S. Ponnusamy**, Registrar, SRMIST. He commended the significant role played by drivers in ensuring the smooth functioning of the institution and emphasized the need for prioritizing their health and well-being. He acknowledged the challenges faced by drivers, such as long working hours, traffic stress, and fatigue, and assured the continuous support of the institution in enhancing their working conditions.

Special Address:

Given by **Dr. N. Venkata Sastry**, Director of the Career Centre, elaborated on the importance of both mental and physical well-being for drivers. He discussed the impact of stress on performance, decision-making, and overall safety on the roads. He also stressed the need for relaxation techniques and mindfulness practices to help drivers manage their workload effectively.

Keynote Address

Delivered by **Mr. M. Anand**, General Manager - Transport, SRMIST. He focused on the importance of road safety and responsible driving. His speech covered essential aspects such as defensive driving, adherence to traffic rules, the dangers of fatigue driving, and the role of mental alertness in preventing accidents. He also shared real-life incidents to illustrate the consequences of negligence on the road.

Certificate Distribution Ceremony

A significant highlight of the event was the recognition of participants. Certificates were distributed to drivers, acknowledging their participation and contribution to ensuring the safety and efficiency of transportation services within the institution.

Awareness & Well-being Sessions

Session I: "மனமே மந்திரச்சொல்" (Mind is the Magical Word)

Led by **Dr. S. Raja**, Assistant Professor, Chennai Institute of Technology. He delivered an inspiring session emphasizing the crucial role of mental resilience in driving. He metaphorically compared drivers to the human heart, explaining that just as the heart continuously pumps blood to sustain life, drivers ensure the movement of people safely from one place to another. He reiterated that drivers must always remain vigilant, especially when passengers are asleep, as they bear a great responsibility for their safety. The session also touched upon the importance of emotional stability and concentration while driving.

Session II: "Relax Please"

Conducted by **Mr. P. Priyanand**, Assistant Professor, Career Development Centre, SRMIST. This session was highly interactive and activity-based, focusing on emotional well-being, handling work pressure, and maintaining a positive mindset. He introduced relaxation techniques, visualization methods that drivers could incorporate into their daily routine. The session also included role-playing activities where participants shared their stress-related experiences and discussed ways to cope with challenging situations on the road.

Conclusion


The event concluded with a **Vote of Thanks** delivered by **Mr. M. Anbukkani**, Assistant Professor, Career Development Centre, SRMIST. He expressed his gratitude to the speakers for their valuable insights, the organizers for their meticulous planning, and the participants for their enthusiastic involvement. He highlighted the significance of such initiatives in promoting a healthier work environment for drivers and ensuring their well-being.

A **feedback session** followed, where participants shared their experiences and takeaways from the workshop. Many expressed their appreciation for the initiative, stating that it provided them with practical strategies to manage stress and improve their work-life balance.

The workshop officially concluded with the **National Anthem**, reinforcing a sense of unity and pride among the participants.

This workshop successfully fostered awareness on stress management and well-being among SRMIST drivers, equipping them with essential strategies for maintaining mental and emotional resilience in their profession. The positive response from the participants underscored the importance of such training programs in enhancing their overall quality of life and professional efficiency.




HOD
Dr. P. Madhusoodhanan
M.Sc., M.Phil., M.S., Ph.D.
Head, CDC,
SRM Institute of Science & Technology

Photos - Workshop on Stress Management Behind the Wheels (for Drivers of SRM)











“மனத்துக்கண் மாசிலன் ஆதல் அனைத்தறன்
ஆகுல நீர பிற.”

CONTACT



Ms. S. Lora : 72992 52222
Mr. M. Anbukani : 97867 63692

Chief Patrons

Dr. T. R. Paarivendhar
Founder Chancellor, SRMIST
Dr. Ravi Pachamuthu
Pro-Chancellor (Administration), SRMIST
Dr. P. Sathyanarayanan
Pro-Chancellor (Academics), SRMIST
Mr. S. Niranjan
Vice President, SRMIST

Patrons

Dr. C. Muthamizhchelvan
Vice-Chancellor, SRMIST
Dr. S. Ponnusamy
Registrar, SRMIST
Dr. N. Venkata Sastry
Director, Career Centre, SRMIST
Dr. T. V. Gopal,
Dean (CET), SRMIST

Advisory Committee

Dr. D. John Thiruvadigal
Professor and Chairperson
School of Basic Sciences, SRMIST
Dr. P. Madhusoodhanan
Head, Career Development Centre, SRMIST

Conveners

Dr. R. Kumaravel
Associate Professor
Career Development Centre, SRMIST
Dr. M. Sneha Latha
Associate Professor
Career Development Centre, SRMIST
Dr. P. Suresh
Assistant Professor
Career Development Centre, SRMIST



Directorate of Career Centre
SRM Institute of Science and
Technology
Kattankulathur – 603 203

organizes

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Stress Management Behind the
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Date: 05.02.2025
Time: 10.00 AM – 12.30 PM
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 A++	 Category 1 with 12B Status	 (2024) 12 th Ranked University	 (2025) World Ranking one among 46 Indian Universities	 (2024) World Ranking one among 91 Indian Universities	 VERY GOOD QS 4 Star Rated Globally	 (2024) World Ranking Ranked 5-7 in Indian Universities
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ABOUT THE INSTITUTION

SRM Institute of Science and Technology (Formerly known as SRM University) is one of the top-ranking Institutions and most premier engineering destinations in India. It was established in 1985 by the Founder Chancellor Dr. T. R. Paarivendhar. SRM Institute of Science and Technology (SRMIST) is functioning in five campuses located at Kattankulathur, Vadapalani, Ramapuram in Tamil Nadu, Modi Nagar, Ghaziabad and a fifth campus at Tiruchirappalli, Tamil Nadu with over 70000 students and 3945 faculty members, offering a wide range of undergraduate, postgraduate and doctoral programs in Engineering, Management, Medicine & Health Sciences, Law, Science & Humanities and Agricultural Sciences. The Institution has moved up through international alliances and collaborative initiatives to achieve global excellence. Annually over 200 students are sponsored to 35+ foreign Universities like MIT, Carnegie Mellon, UC Davis, Warwick, and Western Australia. Now the Institute enjoys an unsurpassed reputation in academic and corporate circles, being the preferred destination of human resources for the vision to be recognized as a world-class learning institution. SRM Institute of Science and Technology has been categorized as Category institution by Ministry of Education (MOE); Government of India. SRMIST is accredited by NAAC with 'A++' Grade in the year 2024.

ABOUT CAREER CENTRE

The Career Centre at SRMIST encompasses the Placement Office and the Career Development Centre. Career Development Centre helps to identify the interests and capabilities of students in relation to their career goals and academic progression. Students are encouraged to pursue their passion. Intensive coaching and training is provided in personality development and in shaping their leadership qualities. The Placement Office besides, placement and training holds workshops, events like Hackathons, Quiz etc., conferences, talks by expert, internship, industrial visits to enable students to be up-to-date with contemporary trends and be 'Market Ready' by the time of graduation.

We are ably supported and guided by our Founder & Chancellor, Dr. T. R. Paarivendhar, who in his inimitable spirit of service has set for us a benchmark of tradition of excellence. We are therefore able to initiate some of the firsts in the Indian higher education system.

ABOUT THE WORKSHOP

The transportation workforce plays a vital role in ensuring the smooth functioning of any institution, and bus drivers, in particular, shoulder significant responsibility for the safety and well-being of passengers. Recognizing the unique challenges they face, SRM University has designed a motivational program titled "Stress Management Behind the Wheels" aimed at empowering our drivers with practical strategies to handle stress effectively.

This program is rooted in the understanding that driving, while being a crucial profession, often entails high levels of physical and mental stress due to extended hours on the road, navigating through traffic, adhering to schedules, and maintaining focus under challenging conditions. These stressors, if left unmanaged, can affect both the professional and personal lives of drivers, ultimately impacting their health and job satisfaction.

The initiative will blend motivational talks with interactive sessions to address the following key objectives:

Understanding Stress: Educating participants about the causes and effects of stress specific to the driving profession.

Stress Management Techniques: Providing actionable tools and techniques such as breathing exercises, mindfulness, and time management strategies to manage stress effectively.

Promoting Emotional Resilience: Offering insights into building a positive mindset and enhancing emotional well-being.

Importance of Physical Health: Highlighting the role of physical fitness, healthy eating habits, and adequate sleep in managing stress.

Interactive Sharing and Support: Creating a space for drivers to share experiences, exchange coping mechanisms, and build a supportive community.

GUEST SPEAKERS



TOPIC : மனமே மந்திரச்சொல்

Dr. S. Raja
Assistant Professor
Chennai Institute of Technology
Kundrathur, Chennai



TOPIC : Relax Please

Mr. P. Priyanand
Assistant Professor
Career Development Centre
SRMIST

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Dr. S. RAJA

Assistant Professor
Chennai Institute of Technology
Kundrathur, Chennai

TOPIC : மனமே மந்திரச்சொல்



Mr. P. PRIYANAND

Assistant Professor
Career Development Centre
SRMIST

TOPIC : Relax Please

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PROGRAMME



10.00 AM	Invocation
10.02 AM	Lighting the Lamp
10.05 AM	Welcome Address Dr. P. Madhusoodhanan Head, Career Development Centre, SRMIST
10.08 AM	Presidential Address Dr. S. Ponnusamy, Registrar, SRMIST
10.15 AM	Special Address Dr. N. Venkata Sastry Director, Career Centre, SRMIST
10.20 AM	Keynote address Mr. M. Anand General Manager -Transport, SRMIST
10.25 AM	Certificate Distribution
10.28 AM	Vote of Thanks Mr. M. Anbukkani Career Development Centre, SRMIST

10.30 AM - 10.40 AM - Tea Break

10.40 AM	Speaker Introduction Dr. M. Snehalatha Career Development Centre, SRMIST
10.42 AM	Session I - Dr. S. RAJA TOPIC : மனமே மந்திரச்சொல் Speaker Introduction
11.20 AM	Dr. R. Rohini Career Development Centre, SRMIST
11.22 AM	Session II - Mr. P. PRIYANAND TOPIC : Relax Please
12.00 PM	Participants Feedback
12.20 PM	National Anthem
12.25 PM	Lunch

