

WORKSHOP ON STRESS MANAGEMENT

Organized by

Department of Electrical and Electronics Engineering

In association with

EEE Counselling Cell

College of Engineering and Technology

SRM Institute of Science and Technology, SRM Nagar, Kattankulathur - 603203, Tamil Nadu, India

EVENT REPORT

Name of Coordinators:

Dr. S. Usha, Dr. A. Geetha, Dr. D. Karthikeyan, Dr. R. Palanisamy

The poster is for a 'Workshop on Stress Management' organized by the Department of Electrical and Electronics Engineering, SRM Institute of Science and Technology, Student Counselling Cell. The dates are 01-02-2025 to 02-02-2025. The resource person is Dr. KOWSHIKA. P, an Entrepreneur, Film Maker, Producer and Film Mentor from Chennai. The organizing committee consists of the Counselling Cell Members. The poster features the SRM Institute logo, a photo of Dr. Kowshika P, and various accreditation logos at the bottom including MHRD, NIF, QS, THE, ARITA, and SHANGHAI RANKING.

SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
Chennai to be University 2015 (U-2015-2016)

Department of Electrical and Electronics Engineering
SRM Institute of Science and Technology
Student Counselling Cell
organizes
Workshop on Stress Management
Date: 01-02-2025 to 02-02-2025

Resource person
Dr. KOWSHIKA. P
Entrepreneur, Film Maker,
Producer and Film Mentor,
Chennai.

Organizing committee
Counselling Cell Members

Accreditation Logos: MHRD, NIF, QS, THE, ARITA, SHANGHAI RANKING

Workshop on Stress Management for first year EEE students was organized by SRMIST, EEE department in association with student counselling cell at SRMIST from 1.02.2025 to 02.02.2025.

The resource person for the Workshop on Stress Management is Dr. Kowshika P, an accomplished entrepreneur, filmmaker, producer, and film mentor based in Chennai. With extensive experience in the creative industry, she brings a unique perspective on managing stress through storytelling, artistic expression, and mindfulness techniques. Her expertise in filmmaking and mentoring has helped many individuals channel their emotions constructively,

making her an inspiring speaker for students looking to balance academic pressures and personal growth.

The EEE Student Counselling Cell is organizing a Workshop on Stress Management exclusively for first-year EEE students. This interactive session aims to help students understand the causes of stress, its impact on academic and personal life, and effective techniques to manage it. Through expert guidance, practical exercises, and engaging discussions, participants will learn coping strategies to maintain a healthy balance between studies and well-being. The workshop provides a supportive environment to address challenges, enhance resilience, and promote mental wellness, ensuring a smoother transition into college life.

Workshop on Stress Management is essential for students as it equips them with practical strategies to handle academic pressure, personal challenges, and everyday stress. Stress, if not managed properly, can affect mental health, concentration, and overall well-being. This workshop helps students identify stress triggers and develop coping mechanisms such as time management, mindfulness, and relaxation techniques. By fostering resilience and emotional stability, it enables them to stay focused, improve productivity, and maintain a positive mindset, ultimately leading to a healthier and more balanced student life.

Photos captured during the event









Targeted Audience: First Year EEE Students (2024 Batch)

Event Outcome:

The Workshop on Stress Management will help students develop essential skills to handle academic and personal stress effectively. By the end of the event, participants will:

- ❖ Understand the causes and effects of stress on mental and physical health.
- ❖ Learn practical techniques such as mindfulness, time management, and relaxation exercises.
- ❖ Develop resilience and a positive mindset to cope with academic pressure.
- ❖ Improve focus, productivity, and emotional well-being.
- ❖ Gain insights from the resource person's experiences to apply stress management strategies in daily life.

Overall, this workshop will empower students to maintain a balanced and healthy approach to their studies and personal growth.