



Report	
Name of Activity	“Workshop on Managing Stress at Workplace”
Date	29 th December, 2020
Venue	Seminal Hall, C-Block
Organized by	MIMT
Resource Person	Dr. A.P.Singh, TIAS
Name of Coordinators	Dr. Meenakshi
Participated by	BBA & B.Com
Content	<p>The resource person started with the meaning of stress and went on elaborating the various environmental, organizational and personal factors that contribute to stress. He specially emphasized the organizational and personal causes of stress. He gave some live examples to understand the work life balance. Then he distributed a stress questionnaire to the participants to evaluate their level of stress. Towards the later part of the workshop he discussed and practiced the various stress management techniques such as time management, pranayam, prioritizing the work, ways to overcome role ambiguity, role conflict, workload etc. The two hundred seven students had participated in this activity.</p> <p>Through highly interactive learning, participants apply these stress management training tools to getting more of what’s important to them done in less time. Organizational skills are improved so that less things “fall through the cracks.”</p> <p>A realistic and positive Big Picture view is instilled that helps keep all stresses in perspective. Applications have a positive impact on stress levels both on and off the job.</p>
Objective	<ul style="list-style-type: none">• Managing Work-Life balance• Understand different theories/models of stress• Mapping the causes and effects of stress• Evaluating your stress levels and dealing with stress positively• Learn about the sources and symptoms of different types of stress. <p>Learn about Stress Management techniques that will help you to overcome stress</p>



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Outcome of Activity	After completing this workshop, participants had skills and knowledge to: Manage personal stress and work related stress, Become aware of your stressors and your emotional and physical reactions, Recognize what you can change, Respond to stressful situations by using effective techniques, Moderate your physical reactions to stress, Utilize your own inner resources to find greater health and well-being, Overcome stress and respond to it in a positive manner& Maintain an optimum level of stress
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