

SREE VIDYANIKETHAN ENGINEERING COLLEGE (AUTONOMOUS) Sree Sainath Nagar, A.Rangampet-517102

## A National Webinar

On

## Stress Management and Work Life Balance (21<sup>st</sup> July, 2020)

Department of Electrical and Electronics Engineering organized A National Webinar on **"Stress Management and Work Life Balance**" Under IEEE WIE Affinity Group in association with ISTE Student chapter & IEEE Student Branch on 21-07-2020.

**Deepa Ayachit**, Life Coach, Behavioral and soft skills Trainer, NLP and CBT Practitioner and an academician, has her M Phil in Management, MBA in Human Resource and M Tech in Thermal Engineering. She also holds a Post Graduate Diploma in Industrial Relations and Personnel Management. She is also an International Certified Career coach (Foundation Level). Currently she is associated with The Centre for Professional Skills at **Jagran Lakecity University, Bhopal**. Around 257 participants attended the event through zoom platform and YouTube live

session.

The Objectives were:

- 1. Understand the meaning of stress and distinguish positive and negative stress.
- 2. Understand source of stress (internally or externally imposed)
- 3. Recognizing different methods of coping with stress.
- 4. Draw a plan of action and follow up action towards managing stress hence leading to work life balance

The Following activities were covered during the webinar:

- 1. What is Stress? Myths about Stress
- 2. Causes and Effects of Stress
- 3. Stress and Performance
- 4. Stress Management Techniques
- 5. Practical Tips on Coping Stress

## Few Glances of Online Webinar



Participants attending in Zoom Platform

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