



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.

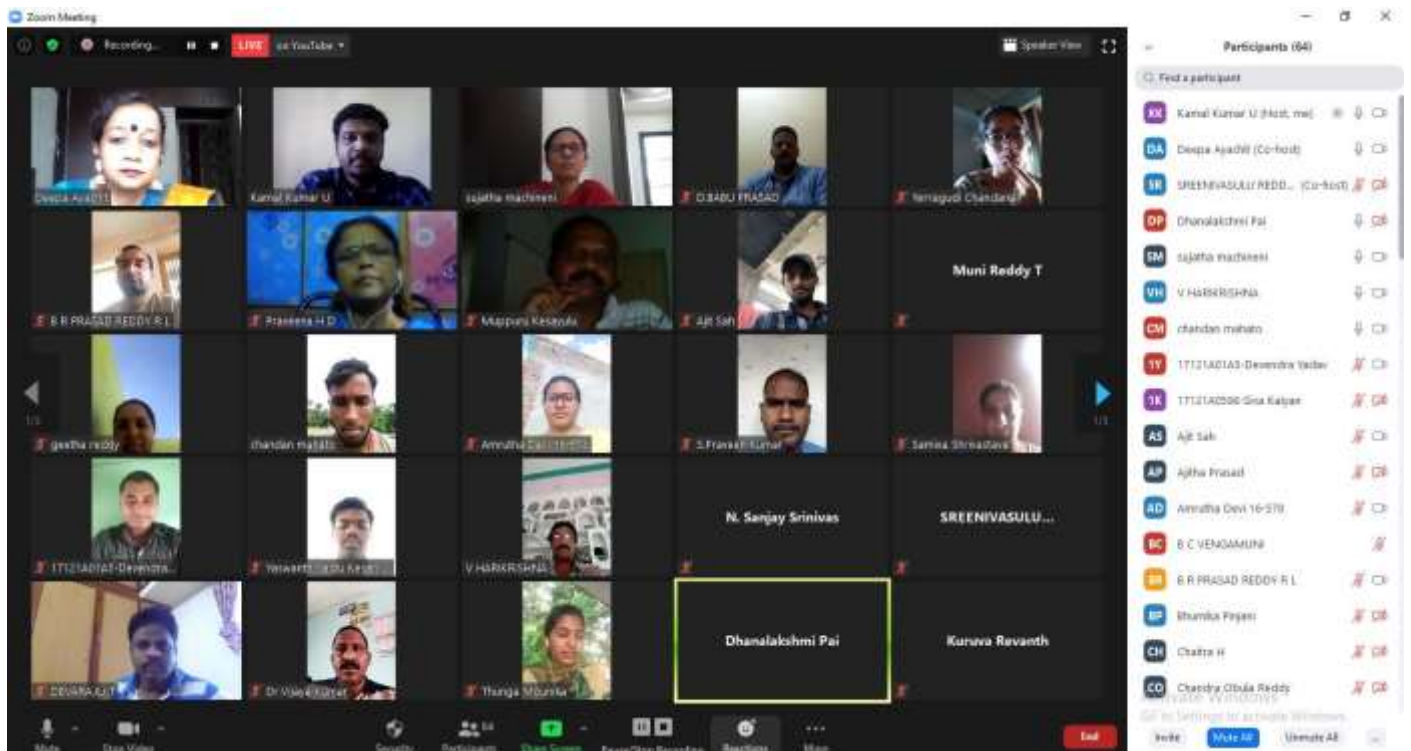
The Objectives were:

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

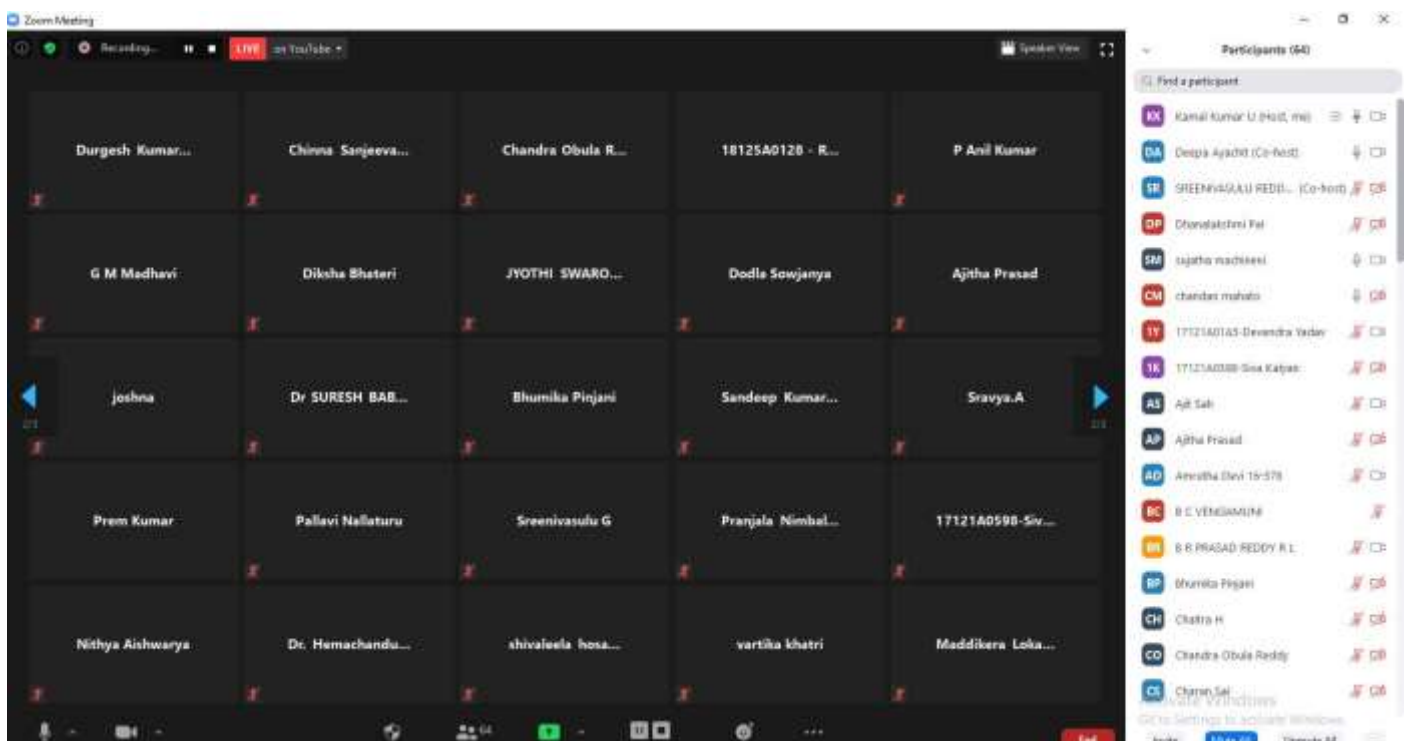
The Following activities were covered during the webinar:

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



Participants attending in Zoom Platform