



NEW HORIZON COLLEGE OF ENGINEERING

New Horizon Knowledge Park, Ring Road, Marathalli
Autonomous College Permanently Affiliated to VTU, Approved by AICTE & UGC
Accredited by NAAC with 'A' Grade, Accredited by NBA

Title	Workshop on “Stress Management”	
Department	Department of Management Studies, Centre for Life skills and Skill Development & Dept. of HRD	
Date	20.01.2024	
Time	Slot 1 : 10.00 A.M -12.30 PM Slot 2 : 2.00 P.M- 4.30 P.M	
Brief Description	<p>Department of Management Studies, Centre for Life Skills and Skill Development & Dept. of HRD had organized a Stress Management Workshop for NHCE non-teaching staff in two different slots on 20.01.2024. Around 75 participants from five different departments like Accounts, Administration, Admission, Marketing & Branding, and HR participated in the energetic workshop.</p> <p>Dr. Somya Narayan, Director Centre for Life Skills and Skill Development inaugurated the workshop, and Dr. Priyameet Kaur Keer from the Department of Management Studies also spoke at the event how she could conceive the idea of this workshop and why non-teaching staff was the target audience , as these people are highly stressed and burnt out due to day to day activities.</p> <p>Session 1 started with “Queen of Sheeba”, the brainchild of Prof.Suneetha, Sr. Trainer life skills department. The trainer divided the entire slot 1 into ten different teams where the task was given to the entire team and in 20 mins the entire team needed to finish the task. After finishing the task every member needs to present the task activity report in various forms. Prof.Suneetha Spoke of different types of stress, de-stress, and Eustress. Stress is not created by anyone it is the perception level of an individual. The “Queen of Sheeba “ set of activities was beautifully planned for both the slot and different sets of activities were carried out. Props used for sessions 1, 2 were different. Finally stress matrix was also explained to all with examples.</p> <p>Session 2 started with Stress Management -Design Thinking Concepts beautifully crafted by Dr.Somya Narayan , Director Centre for Life Skills and Skill Development where the participants were further divided into groups of teams and with the help of chart papers and sticky pads activity was completed . The trainer explained how stress can be dealt, with the given problem several solutions can be crafted . Non-teaching staff thoroughly enjoyed the activity .</p> <p>At the end of the session Dr. Somya Narayan, Director Centre for Life Skills and Skill Development concluded the workshop, and Dr. Priyameet Kaur Keer from the Department of Management Studies and Prof.Suneetha ,</p>	

Sr.Trainer life skills thank each and every participant for their active participation .Non-teaching staff were very happy and urged to conduct various activities of this type so that even they are relaxed and can contribute more towards development of department and organization.

Prof. Gurucharan Singh, Sr. Executive Director, Department of HRD congratulated Dr. Somya Narayan, Director Centre for Life Skills and Skill Development, Dr. Priyameet Kaur Keer from the Department of Management Studies and Prof.Suneetha, Sr.Trainer life skills , Dr.Guru Aradhya I/C Head , Department of Management Studies for the success of the workshop





