



**Dr. M.G.R.**  
**EDUCATIONAL AND RESEARCH INSTITUTE**  
**(Deemed to be University)**  
Maduravoyal, Chennai - 600 095. Tamilnadu, India.  
(An ISO 9001-2015 Certified Institution)



**MGR ASSOCIATION FOR GREAT INNOVATIVE CREATORS**

Information Technology

Event Title	Professional Society Event on Stress Management		
Objective of Event	• To motivate students in professional society event. • To reduce stress level in student community. • Educate students to reduce daily stress.		
Chief Guest /Speaker Details	Prof. Dr.A.Meena Kabilan, Counseling Psychologist, MAGIC MIND		
Date	12/09/2022	Time	10.00 AM to 01.00 PM
Venue	Seminar Hall Main Campus	No. of Participants	46

REPORT

TITLE

Professional Society Event on Stress Management

CONTENT

The Institute Of Engineering(INDIA) – Dr.M.G.R E&RI UNIVERSITY has organised Activity Lecture on “Effective Stress Management” for the second year B.Tech students on 12th September 2022 on Seminar Hall.The speakers 1. Dr.Prof.L.Ramesh, Dean of EPA Department 2. Dr.S.Geetha, IEI Faculty Head 3.Dr.Ethiraj Dean E&T.Gave deep insights on IEI, Different Engineers students Connectivity and Benefits time examples, delivered the welcome address and The speaker introduced by our Nilavarasi 2nd year B section IT Dept. Then the session was given to the speaker for conducting stress management program. Stress is nothing but common human reaction. So we don't want to get panic when we are under stress. 1. Types of stress \* Acute stress - for a short period \* Chronic stress - prolonged time 2. Positive thinking To think everything in a positive way. For example STR \_ \_ \_ ; It's not stress, it's street. 3. Right minded people - Left minded people To analyse whether we are left or right minded. They give some exercises to guess students that they are right or left minded people. 4. Presence of mind The speaker gave different colour names in different colours. And made us to read it to improve our presence of mind. 5. Acceptance To accept all the human things. It's ok to be anything. 6. Memory power The speaker displayed some words for one minute. And then students asked to write it in order to check their memory power. At the end of the session The students are filled with optimistic thoughts and came to know how to manage stress effectively. Special

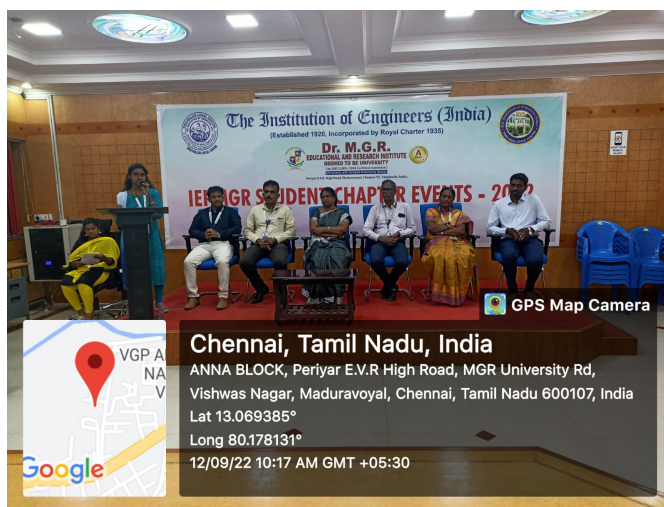


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mention and thanks to the Organizing Secretaries Dr.M.Kiruthiga Devi , Dr.F. Antony Xavier Bronson for organizing this event. On the Note The INSTITUTE OF ENGINEERING(INDIA) consider it as a Great privilege and honour to thank our Honourable President Er. A.C.S Arun Kumar and all the executives for the success conduct of the event.



## EVENT OUTCOME

Stress management group showed statically improvement on measures of helplessness, self-efficacy, coping, and pain and health status. When we attended the event these feel stress free and motivated. The speaker took away the event with lots of activities and informative topics we all enjoyed the meet and as well we all had a good educative event. The guest lecture was very much useful and motivating for all.

## PHOTOS



# Dr. M.G.R.

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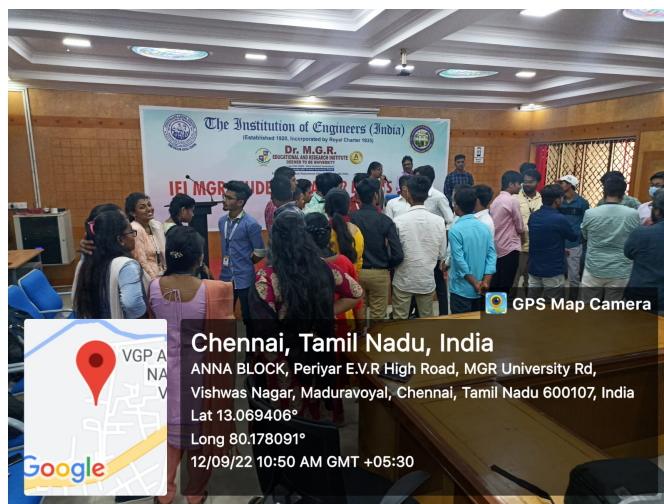
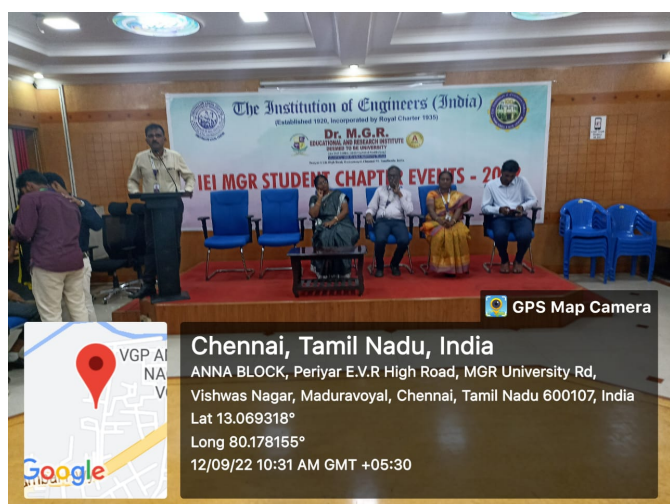
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Dr. M.Kiruthiga Devi