

SRI GURU NANAK DEV KHALSA COLLEGE Dev Nagar, Delhi - 110085

Post-Event Report

Event	Speaker Session
Торіс	My Peers, My Career, My Relationships: Stress Busters or Stress Triggers
Organiser	Project S.E.V.A.
Date	28th October 2023
Time	4:00 p.m. to 5:30 p.m.
Duration	1.5 hours
Place/Platform	Google meet
Number of Participants	40+
Guest Speaker/Trainer	Ms. Deep Jajmaan and Ms. Gurpreet T. Singh
Welcome Speech	Avneet Kaur, B.A.(H) Pol Science, II nd Year
Introduction to the Speaker	Project S.E.V.A.

Activities

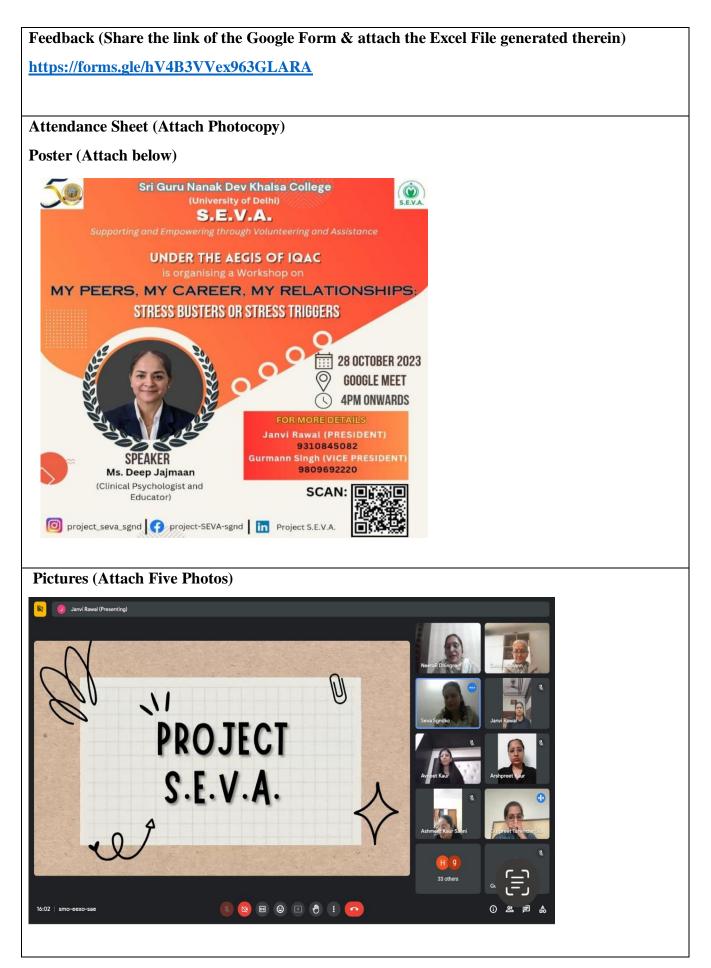
- The speaker began the webinar with an introduction about stress and its various kinds.
- Ms. Deep Jajmaan emphasised the significance of addressing both positive and negative kind of stress, value of open communication, and importance of sharing one's thoughts.
- Effective communication was highlighted as a key skill for managing stress.
- The importance of quality sleep was discussed in detail as a stress management strategy.
- She explained that our mind doesn't understand the word 'no', so instead of not thinking about a certain thought, allocate a certain time for the same. She said we cannot stop our thoughts, but we can try to manage them.
- Both the educators conducted some activities like- inflating the balloons to relive one's stress and understand the consequences of what happens to our body if our stress is not relieved, and also made students perform paper tearing activity which made everyone realize how everyone views stress differently.

Main Ideas

- The webinar's primary objective was to sensitize and create awareness about mental health and anxiety. Emphasis in the seminar was laid on addressing distress in our everyday lives.
- Ms. Deep Jajmaan highlighted communication and stress management as essential skills that participants need to develop for better mental well-being.
- During the webinar, Ms. Deep and Ms. Gurpreet guided the attendees on recognising when to seek professional help and how maintaining a positive outlook is important.
- The attendees gained valuable insights from the webinar and inquisitively asked Ms. Deep and Ms. Gurpreet several questions, which were all answered in detail. Everything they said proved to be beneficial, interesting and informative.

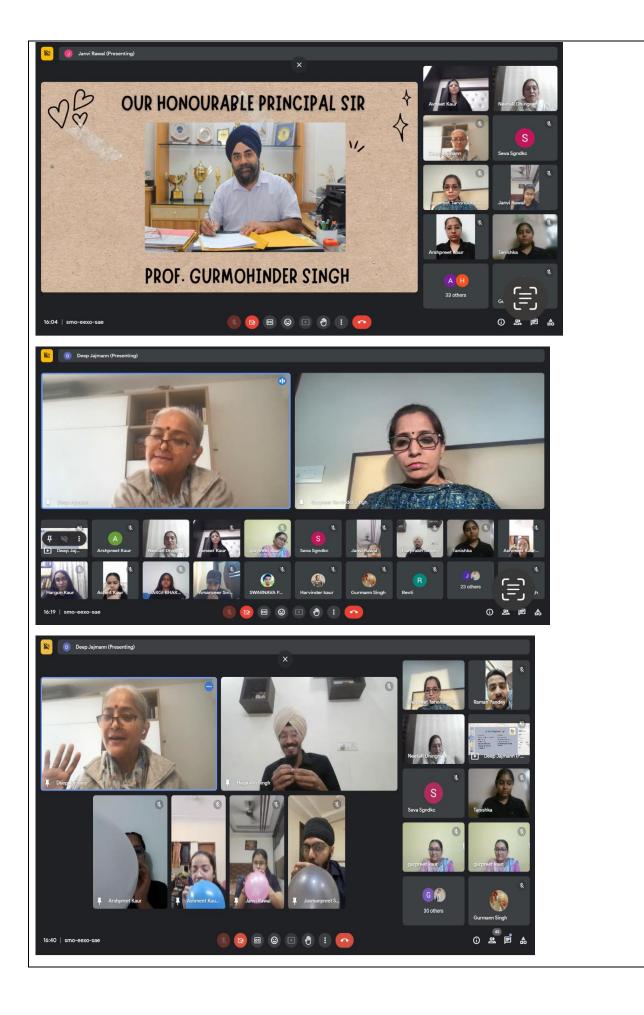
Vote of thanks	Ms. Gurpreet Kaur Saini (Assistant Professor,
	Department of English, SGND Khalsa College)





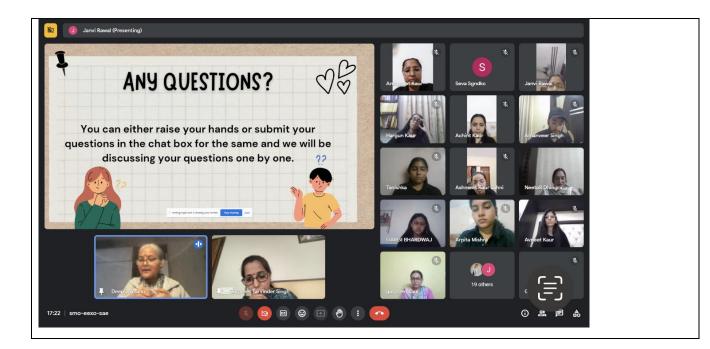


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Signature:

Name: Dr Neeta Dhingra

(Convenor)