



EKNM GOVERNMENT COLLEGE ELERITHATTU
(Established in 1981, Affiliated to Kannur University)

Accredited by NAAC with 'B' Grade

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DOCUMENTARY EVIDENCE FOR

5.1.2. Capacity development and skills enhancement activities are organised for improving students' capability

LIFE SKILL PROGRAMME ON

'LIFE SKILL UPGRADE: THE ART OF STRESS MANAGEMENT'



E.K.N.M GOVT. COLLEGE, ELERITHATTU

JEEVANI CELL

‘Life Skill Upgrade: The Art of Stress Management’ on 10/11/2022

Programme Report

On November 10, 2022, at 10:00 AM, a session entitled "**Life Skill Upgrade: The Art of Stress Management**" was conducted for students of E.K.N.M Government College, Elerithattu, within the confines of the college seminar hall. **The primary objective of this program was to furnish students with the requisite knowledge and methodologies to discern and proficiently handle stress amidst demanding circumstances.** This session is primarily directed towards **strengthening a vital life skill**, specifically addressing the challenge of coping with stress during students' academic tenure. The resource person for the session was Ms. Sabitha A.S, who is currently pursuing an MSc in Psychology at Jamia Millia Islamia University, Delhi. Employing an array of interactive components, including group deliberations and participatory activities, the session introduced stress management methodologies such as relaxation techniques, mindfulness practices, and time management skills. Noteworthy was the enthusiastic engagement of the students, indicative of a profound interest in the subject matter. This interactive session served to heighten awareness regarding the physiological and psychological ramifications of stress, concurrently endowing students with the capacity to discern its manifestations. By instilling evidence-based stress management strategies, the program fostered within students the ability to navigate academic challenges and personal obligations with augmented resilience and well-being. The affirmative response from the student body of E.K.N.M College underscores the imperative nature of integrating stress management initiatives into educational environments. In light of myriad pressures encountered by students, encompassing academic deadlines, social apprehensions, and financial constraints, furnishing them with stress management proficiencies can foster a milieu conducive to enhanced positivity and productivity. Scholarly research corroborates the positive impact of effective stress management techniques, evidencing improvements in academic performance, mitigation of absenteeism, and enhancement of mental well-being among students.

Moreover, the competencies acquired during this session transcend the confines of academia. By cultivating salubrious coping mechanisms for stress, students are better equipped to navigate challenges throughout their lifespan. These competencies find application in future career trajectories, interpersonal relationships, and any exigent circumstances that may arise. The knowledge gleaned from this session empowers students to evolve into resilient individuals, adept at managing stressors in a constructive fashion. Attached herewith are the brochure and photos documenting the proceedings of the session.





About the session

Effective stress management is crucial in academic life. This session aims at equipping students with effective stress management techniques fosters resilience, enhances productivity, and cultivates a supportive learning environment essential for personal and academic growth.



RESOURCE PERSON:
MS. SABITHA A S
CONSULTANT PSYCHOLOGIST

E.K.N.M GOVERNMENT COLLEGE, ELERITHATTU



Life Skills Upgrade: The Art of Stress Management



Venue

10/11/2022
10:00 AM
Seminar hall

