

Index Department Of Physiotherapy & Paramedical Science

REPORT ON STRESS MANAGEMENT "Our health is our greatest treasure".

A one day workshop was conducted on 'Stress management'.
This workshop was organized specially for the students of BPT, MPT, BMLT DMLT Students.
The details of the workshop are as given below;
Name of workshop: Stress management session
Date: 25th February 2021
Venue: Index Medical college LT-2
Conducted by: Dr Abhay Manchandan
Organized by: Faculty members of Index Department of Physiotherapy and Paramedical Sciences.

The session began with light exercise by Dr Reshma Khurana, Principal, Index Department Of Physiotherapy and Paramedical Sciences and saraswati vandana sang by the students for the participants.

It helped the students relax and concentrate which was the mantra for the day "Relaxing helps reduce stress".

Physical comforts are increasing day by day but at the cost of an increase in mental stress. Students Spend Most of their Time in college. Due to continuous mental work, peer pressure and family problems, the mind becomes stressful. They may have headaches, they are tired, and they are so exhausted that they just want to crawl into bed and sleep. Taking care of our health is utmost important for everyone. Stress is anything that alters your natural balance. When stress is present, your body and your mind must attend to it in order to return you to balance. Your body reacts to stress by releasing hormones that help you cope with the situation. That in turn takes energy away from the other functions of your brain, like concentrating, or taking action. There are two different sources of stress: external triggers, like getting a poor grade or breaking up with your girlfriend/boyfriend, and internal triggers, like placing high expectations on yourself. Yoga not only releases mental stress, but it also gives strength to the body and mind. Relaxation & meditation brings sound sleep and calmness to the mind.

Following are the tips given to the students on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living.

Structure each day to include a minimum of 20 minutes of aerobic exercise.

Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.

Substitute fruits for desserts.

Avoid caffeine.

Get at least 7 hours of sleep.

Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.

Take a warm bath or shower.

Go for a walk.





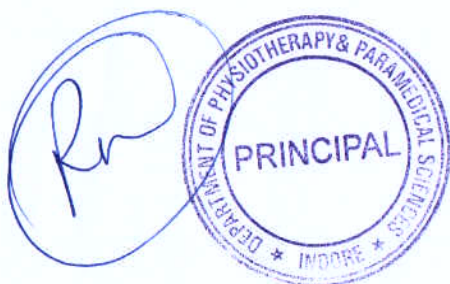
Registrar
Malwanchal University
Indore (M P)

Get in touch! Physical contact is a great way to relieve stress.

All of the above tips given in the session seemed very useful and efficient to reduce the stress.

The participants of the workshop had a wonderful experience during various practice and exercises. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved.

The session gave the students and the faculty members an opportunity to learn how to manage stress in their daily lives.

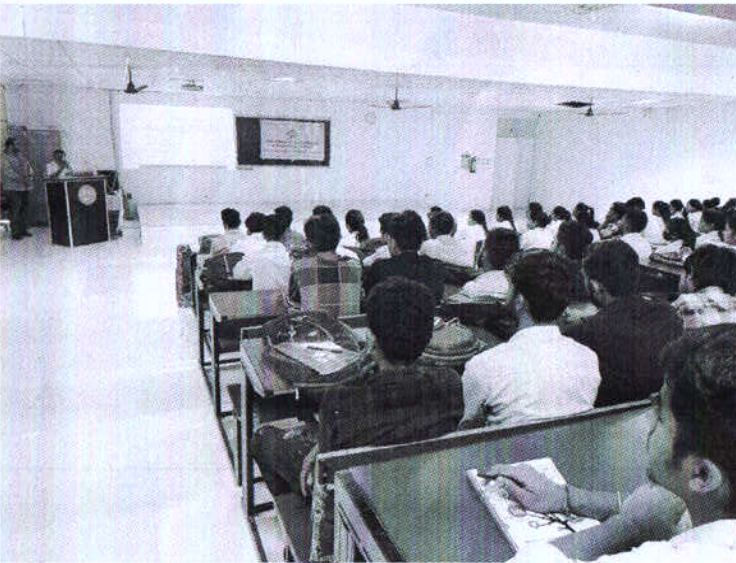
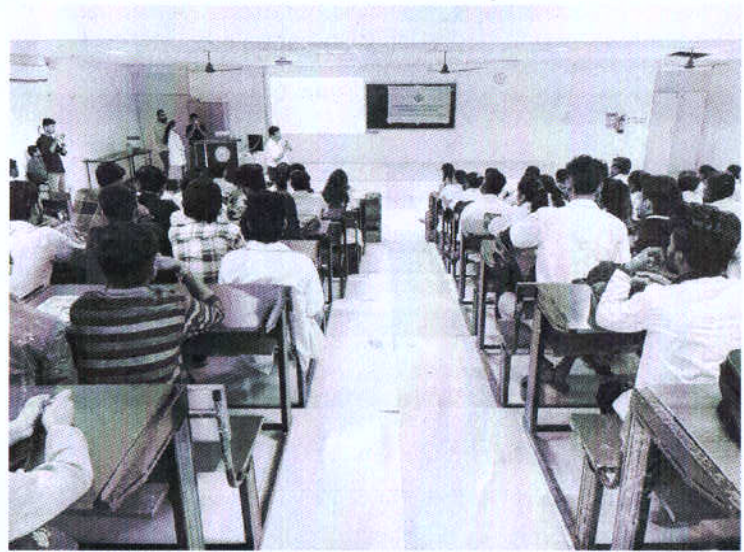
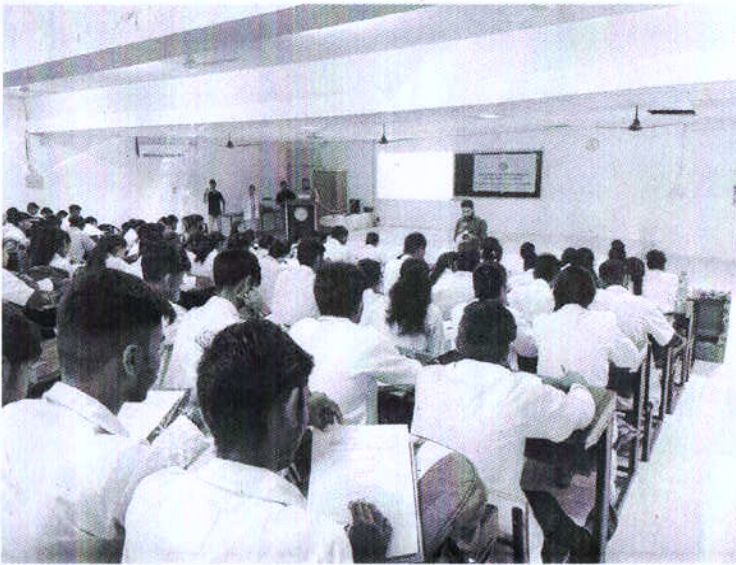


A green ink handwritten signature, possibly 'Rn', is written above the Registrar's name.

Registrar
Malwanchal University
Indore (M.P.)

Stress Management-

25/02/2021



DEPARTMENT OF PHYSIOTHERAPY & PARAMEDICAL SCIENCES
PRINCIPAL
INDORE
[Handwritten Signature]


Registrar
Malwanchal University
Indore (M.P.)



Index

Department of Physiotherapy & Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE



Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 91 9755008280, +91 7024107465
Email : principalparamed@indexgroup.co.in, paramedical@indexgroup.co.in **Website**. Www.malwanchaluniversity/paramedical.co.in
City Office : 104, Trishul Apartment., 5, Sanghi Colony, A.B. Road, Indore M.P. -452008 (M.P.)

Ref: - IDOPT/PO/2021/52

Date:-24/2/2021

CIRCULAR

Index Department of Physiotherapy & Paramedical Sciences, Malwanchal University is conducting 2 hours seminar on the topic of "Stress Management session".

The course will provide in depth knowledge on given topic .

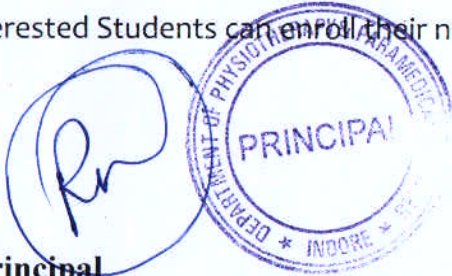
Topic : - **Stress Management**

Date : - 25/2/2021

Venue: - Index Department Of Physiotherapy and Paramedical Sciences

Resource Person: - Dr Abhay Manchanda

Interested Students can enroll their names to college.

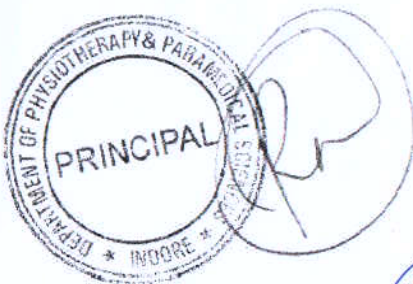


Principal
Paramedical, Courses


Registrar
Malwanchal University
Indore (M.P.)

INDEX
Department of Physiotherapy & Paramedical Sciences

S.no	Name of the Student
1	AAFRIN KHAN
2	AASTHA PARMAR
3	ABHISHEK CHOUHAN
4	AMBIKA
5	AMEESHA
6	ANJALI DAWAR
7	ANKIT RATHORE
8	ASMIT PATEL
9	AYUSHI MAURYA
10	CHETNA CHAUHAN
11	DEVENDRA KHAKAL
12	DIVYANI CHOUHAN
13	GARIMA RATHORE
14	GEDAM CHAITALI YOGESHWAR
15	HIMANSHI SATHE
16	ISHIKA YADAV
17	KARAN BOPCHE
18	NANDINI PARMAR
19	POOJA KHANDEKAR
20	PRANAV JADHAV
21	PRAYAG SOLANKI
22	PRERNA CARPENTAR
23	RADHARAMAN MEENA
24	RANE DIVYA SONAJI
25	RAVINA DAWANDE
26	RITIKA BHADAURIYA
27	ROHIT YADAV
28	SAGAR
29	SIMRANDEEP SIKH
30	SWAPNIL THERGAONKAR
31	YASHVI BAJPAI
32	VISHESH VERMA
33	DISHA BARASKAR
34	ROHIT MEENA
35	SHUBHAM TIWARI



Registrar
Registrar
Malwanchal University
Indore (M.P.)


Registrar
Malwanchal University
Indore (M.P.)