

ADGITM, New Delhi
Department of Computer Science

Dated:-28 July, 2021

Report on Webinar on **“Beat the stress through creativity-Sky is the limit to mould yourself”**

Venue: Online (Via Google Meet)

Objectives:

This webinar aimed to help students to tackle stress, challenges they face during any stressful condition and how to address them healthily.

Delegates (Speakers, outsiders who all attended): Dr. Aishwarya. V.H, Psychologist & Counsellor at Positive Mind Hospital, Shimoga, Karnataka.

Activities done:

The webinar talked about how students face stress and anxiety in an inherently high-pressure environment, where they invest a lot into trying to be at their best like viva, interviews and during a presentation. How their brain and physical body reacts to a certain stressful situation was also discussed here. The presentation was also built upon key findings from the survey conducted regarding mental health problems and their consequences on students.

The presentation taught students about the types of stresses (**acute, episodic acute, and chronic stress**), when and why they occur to an individual. Information regarding, what types of physical symptoms were generated in a person's body during various types of stress (**sweating, shaking of a hand and high palpitations**) and how long these symptoms last was also part of this webinar.

The impact of lockdown and covid-19 on our mental health was also part of this discussion. As we are bound to be distanced from our friends and family is creating fear or loneliness and making us shy to open up to others. How this online learning and online classes is making us lack the amount of interaction with our teachers and our fellow batch mate is affecting our health was also discussed here.

Emotional and psychological issues like relationship issues and peer pressure were also addressed here as they are some of the major issues faced by a young adult. The webinar discussed how students in this age group are very prone to cannabis abuse and what are its consequences on their physical as well as mental health. The presentation also discussed few students/ young people are not able to manage their stress and end up doing self-harm.

The next part of the presentation dealt with improving mental health to promote student's performance and consequently driving up productivity and maximising the student's potential. The webinar participants were also invited to think about the goals they have in their lives and a way to achieve them. Students were motivated to make the best use of this part of their lives and be very specific in choosing a goal for a successful human being. We were also taught that the goal can not

only be career-oriented but can also be regarding the type of human we want to be or what is our weakness we want to overcome.

We also did few basic exercises which could help us in managing our stress and relax our mind as well as our body. We were also advised to eat healthily and exercise daily to be healthy both physically and mentally.

Outcomes:

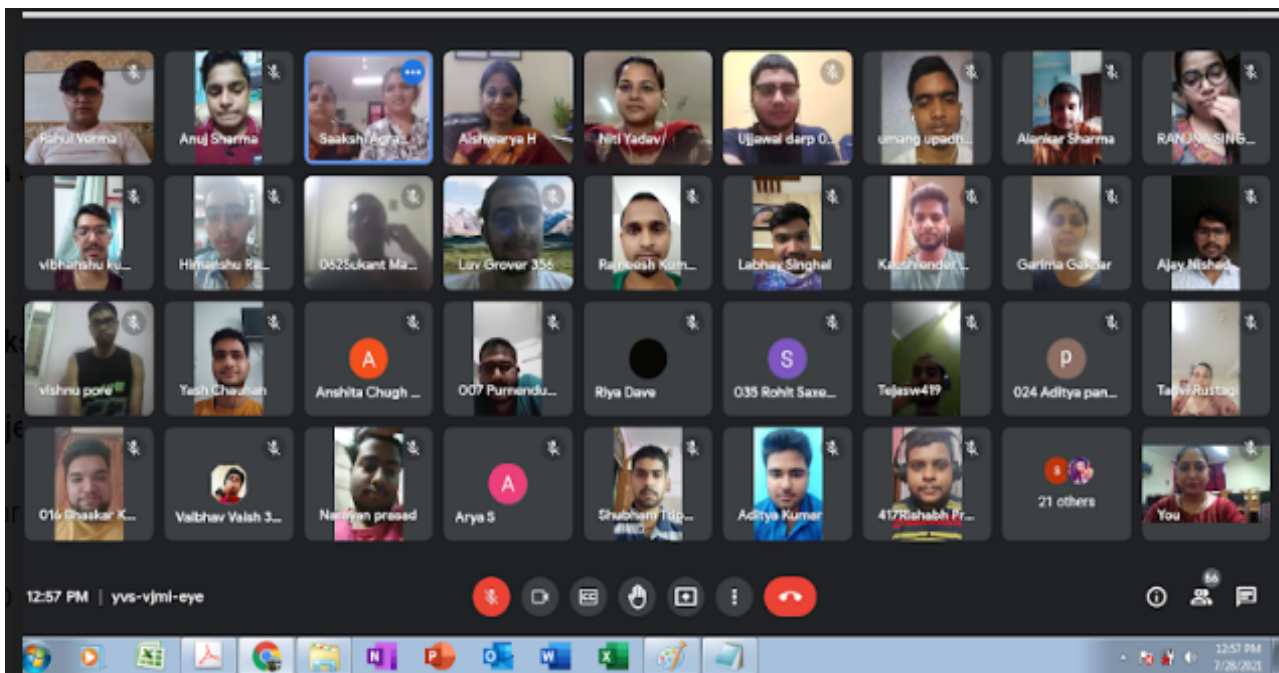
Faculty Members and students could evolve their insights into the structured and well circulated form of stress management exercise for their daily life.

Beneficiaries: B.Tech Students (ALL BRANCHES) including Faculty Members.

Faculty Coordinators:

Ms. Megha Gupta, Ms. Saakshi Agrawal

Photographs of event



A screenshot of a Zoom meeting. The main window displays a slide titled "Creativity" with the following text:

Creativity

- The relationship between stress and creativity here depends on how you perceive the stress you're under at any given time.
- *When do you come up with your best ideas?*
- *More likely in the shower, on a long walk, or lying in bed — when you have time to relax and think.*
- Engaging in creative activity appears to help reduce stress.

The slide number "23" is visible at the bottom right. The Zoom interface shows a grid of participants on the right, including Aishwarya H, Soakshi Aggarwal, Pankhuri Aggarwal, Geetika Gakhor, umang upadhyay..., Shivam Arun, Rishi Yadav, 77 others, and You. The bottom status bar shows the time "12:14 PM" and the ID "yvs-vjmi-eye".

A screenshot of a Zoom meeting. The main window displays a video of hands placing wooden blocks to spell out "WELLNESS". The blocks are arranged as follows: "WELLN" on top of "STR", "E", "S", and "S".

The Zoom interface shows a grid of participants on the right, including Aishwarya H, Soakshi Aggarwal, Ujjwal darp D&S, Rishi Yadav, Dr. Anupam Agar..., Tanvi Astagi, Sunny Arora, 78 others, and You. The bottom status bar shows the ID "yvs-vjmi-eye".

Open with ▾

Aishwarya H is presenting

Some common Health problems caused by stress especially among students may include:

- Depression
- Anxiety
- Headache
- Aches And Pain Of Any Kind - Somatic
- Sleep Issues
- Tobacco /Alcohol And Other Substance Abuse
- Weight issues
- Thinking and memory problems

12:06 PM | yvs-vjmi-eye

12:06 PM 7/28/2023

Aishwarya H is presenting

In-call messages

Saakshi Agrawal 12:42 PM
thank you ma'am

Nis Yadav 12:40 PM
Very informative and mind relaxing session ...

You 12:40 PM
A mind opening session and very informative.

Saakshi Agrawal 12:47 PM
Extremely useful and really practical aspects have been discussed by you ma'am. Thank you for your time.

Tami Bhatnagi 12:47 PM
Very informative session

Send a message to everyone

12:47 PM | yvs-vjmi-eye

12:47 PM 7/28/2023