

Workshop Report: Stress Management



As part of the B.Ed. curriculum, BNV College of Teacher Education, Thiruvallam, organized a capacity-building program for first-year B.Ed. students (2024–2026 batch). A key component of this program was a workshop on "Stress Management," held on 22nd January 2025 in the college seminar hall, offering a comfortable and supportive environment for the session. The workshop was led by Mrs. Mini Natarajan, a counseling psychologist, hypnotherapist, and NLP practitioner, recognized for her expertise in the field.

The program began at 10:30 AM with a prayer by Neha, a student from the Malayalam optional class. Shiny Ma'am then delivered the welcome address, introducing Mrs. Mini Natarajan to the audience. The event was attended by esteemed faculty members, including Meera Ma'am, Lakshmi Ma'am, Suni Ma'am, Feba Ma'am, and Aswathy Ma'am, as well as 54 eager first-year students.

At 10:40 AM, the session officially commenced with Mrs. Mini Natarajan presenting a detailed PowerPoint on stress management. She explained the significance of understanding stress, its causes, and practical techniques for coping with it. The presentation was insightful, offering strategies that participants could incorporate into their daily lives.

At 11:32 AM, an interactive activity was introduced to re-energize the participants. A video featuring clapping, dancing, and body movements was played, encouraging everyone to stand and follow the actions. This lively activity energized the room, with all participants joining in with enthusiasm.

Following this, at 12:30 PM, Mrs. Mini Natarajan guided the group through a relaxation therapy session. Participants were asked to close their eyes, take deep breaths, and envision peaceful scenes. Both faculty and students found this session calming and therapeutic, creating a collective moment of tranquility.

As the workshop concluded, a question-and-answer session was held at 12:38 PM. Students and faculty members posed questions on managing stress, and Mrs. Mini Natarajan provided thoughtful, practical answers. The session wrapped up with a vote of thanks delivered by Lakshmi, followed by a memento presentation to Mrs. Mini Natarajan. A group photo was taken with the 54 students, faculty members, and the resource person, capturing the essence of the day.

The workshop concluded at 1:50 PM, with both students and faculty expressing appreciation for Stress is inevitable, but it can be managed through awareness, balance, and control. Understanding stress's causes, effects, and management strategies can turn stress into a tool for growth and resilience, benefiting students, teachers, and individuals alike. Effective stress management is essential for maintaining both mental and physical well-being. By adopting strategies like mindfulness, regular exercise, proper time management, and cultivating a support network, individuals can reduce the negative impact of stress. Prioritizing self-care, setting boundaries, and practicing relaxation techniques such as deep breathing or meditation also play key roles in managing stress. Recognizing the signs of stress early and seeking professional help when needed ensures a proactive approach. Ultimately, managing stress is about creating balance in life and developing coping mechanisms that foster resilience and emotional health.

The workshop was an invaluable experience, offering insights into various types of stress and practical strategies for managing it. The session helped us recognize stress triggers and provided easy-to-apply stress management techniques. We learned valuable methods such as relaxation exercises, positive visualization, and mindfulness, all of which will prove useful in both academic and personal life. The session emphasized the importance of work-life balance and stress prevention. Overall, the workshop equipped us with stress-relief strategies and enhanced our awareness of emotional health, leaving us better prepared to manage stress in the future.

