

**STUDENT COUNSELLING CENTRE – OFFICE OF DEAN STUDENT AFFAIRS,
in association with Department of Science & Humanities.**

**“International Stress Awareness Day” on 6th November–
“Befriending Stress and Anxiety” -A Webinar by Ms. Samyuktha Annamraju**

International Stress Awareness Day is observed on 6th November every year, with the overall objective is to identify and reduce the stress factors in once life. On behalf of Student Counselling Centre (SCC) in association with Department of Science & Humanities, Office of Dean Student affairs of VFSTR conducted a Webinar on 10th October, 2020 at 3:30 to 4:40 PM for students, faculty and parents of students on pertinent topic “Befriending Stress and Anxiety” by eminent speaker Counselling Psychologist & Founder at The Mind Tab, Hyderabad. The Mind Tab is an online counseling platform that offers a broad range of therapy services for people with mental health concerns.

Ms.Samyuktha Annamraju started the session with a quote “The curious paradox is that when I accept myself just as I am, then I can change – Carl Rogers”. She said that Stress & Anxiety are natural in student’s life but it is possible to manage the academic stress by having positive aspirations about future. A student’s life is subjected to different kinds of stressors, such as the pressure of academics with an obligation of success, uncertain future and difficulties envisaged for integration into the system. These students face social, emotional, physical and family problems which may affect their learning ability and academic performance. It is importance of keeping our mind always harmonious to lead a happy and meaningful life.

When we are unable to cope up with the pressures of external environment, Our body’s Physical, Emotional and Mental reactions to challenging situations. The stressors for students can be external and internal. External Stressors are Exams, Career decisions, Goal setting, Financial situations, Conflicts in family, Toxic relationships, Critical people around you. Internal Stressors can be Negative thinking patterns, Low self-esteem etc.

Stress during COVID-19 are worry about further education/career, Losing a coping mechanism of stepping out, Reduced social support, Increased financial pressure, Existential questions around what is life?etc.,

However we feel stressed, the effects of stress can be debilitating if not taken seriously. Aside from its effects on individual’s productivity, stress can lead to sickness, low motivation and

anxiety. It can lead to feeling distracted, insecurity and even loss of sleep. With all of these, we really cannot avoid stress. If we cannot avoid it, then how can we manage stress?

Ms. Samyuktha addressed several things can do to manage stress. First is to learn how to take breaks. It is perfectly okay to take breaks when in a stressful situation. you can take a walk or go to the college lounge just to clear your mind and give your mind a break. This will keep you grounded and help you look at the challenge with fresh eyes.

Listen to relaxing music or play soothing background music to help alleviate a stressful situation. Music has a way of lowering blood pressure and calming the senses so you can focus more on a solution to the challenge you face.

To give you an instant push, you can eat a bit of chocolate. Chocolate helps the body release endorphins, which relax you and put you in a better mood to handle the challenge. Endorphin is a type of hormone which acts as an analgesic and reduces the feeling of pain. This, in turn, will help you focus more on ways to overcoming a challenge rather than worry about it. Another way to release endorphins is to have a good laugh. Laughter has so many benefits and it is no wonder it can also mitigate stress. For long-term effects, exercise goes a long way in ensuring your body regularly releases endorphins and is fit to face any challenge.

Knowing that stress is not the problem is the first step in managing it. After doing so, you can do a lot in ensuring stress propels you and gives you the needed energy to overcome whatever challenge you face. We all experience stress but knowing what to do when we encounter it makes the difference between succumbing to it or rising to the challenge.

About 304 participants joined and the session ended with 25 minutes of Question and Answers with students. The Chairman, VC, Registrar, Deans, HOD's and other administrative heads are also participated in the webinar. The programme was initiated by Counselling Psychologist Ms. Shabana Azmi, Dr. M.S.S Rukmini, Dean Student affairs. The programme was moderated by young and dynamic student coordinators of SAC, Ms. Pavani Priya, Ms. Madhurya, Mr. P. Vamsi and the technical support for the programme was extended by the faculty Mr. Vishnu, Assoc. Dean Student Affairs, The Programme planning, process, successful execution support and guidance by Dr. M.S.S Rukmini – Professor & Dean Student Affairs, Dr. A. Sharada – Professor & Head Humanities division, Sri. Chandrapati Raghava Rao – Head, Training, Dr. N. Srinivasu – Head of the Department Science & Humanities, Dr. N. Jalaja of Biotechnology Dept.& Head Student Counselling Centre.