

**Report of the
Training Programme on Stress Management
Organised by
Personality Development and Career Counselling Unit and Placement and
Entrepreneurship Development Cell of ICAR-CIFE, Mumbai
on 30.11.23**

Training Programme on Stress Management Organised by Personality Development and Career Counselling Unit and Placement and Entrepreneurship Development Cell ICAR-CIFE, Mumbai on 30.11.23 in the conference room: 421 A, ICAR-CIFE, New Campus.

Stress is a natural human response that prompts us to address challenges and threats in our lives. Learning how to cope with stress can help our mental and physical well-being. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

So, the Personality Development and Career Counselling Unit and Placement and Entrepreneurship Development Cell of ICAR-CIFE, Mumbai organised a Training Programme on 'Stress Management' on 30.11.23 from 3 to 5 PM in the Conference Room No.421 A, CIFE, New Campus for CIFE students under the guidance of Dr. Ravishankar C.N. Director and Vice Chancellor and Dr. N.P. Sahu, Joint Director, ICAR-CIFE, Mumbai

A Certified Holistic Healer Ranjama Makahria was the speaker and she conducted interactive sessions and taught the value of affirmations to all participants. In the interactive sessions, the students listed out the sources of stress and through role-play enacted the stressful situations. Thereafter, techniques to handle these stressful situations were taught.

She delivered an engaging and informative session, blending theoretical knowledge with practical exercises and real-life examples to illustrate the impact of stress on individuals and strategies to mitigate its effects. She explained that the purpose of positive affirmations is to help students to overcome negative thoughts. Students could appreciate that daily positive affirmations are meant to minimize negativity and help see themselves in a positive light. The event aimed to equip attendees with essential tools and techniques to effectively manage stress in their personal and professional lives.

The Training Programme on 'Stress Management' concluded on a positive note by leaving a positive affirmations sheet, leaving the audience equipped with practical tools and a deeper understanding of stress and its management strategies. Each participant was given a colourful affirmation card, which was appreciated. Participants expressed gratitude for the informative session and left with a renewed sense of empowerment to tackle stress effectively.

The session encompassed various facets of stress, highlighting its causes, symptoms, and the detrimental effects it can have on mental and physical well-being. Ms. Makahria guided participants through relaxation techniques, mindfulness practices, and effective time management methods, offering valuable insights into coping mechanisms that can alleviate stress in day-to-day life.

The event was deemed successful, thanks to the collaborative efforts of the organizers, the engaging presentation by Ms. Ranjama Makahria, and the enthusiastic participation of the attendees. Feedback from students was very good as they could learn a new technique, which can be adopted easily by them.

Training was coordinated by Dr. Arpita Sharma Head FEES Division and Mr. Abuthagir from the Personality Development and Career Counselling Unit and Placement and Entrepreneurship Development Cell of ICAR-CIFE, Mumbai.



