



**INTERNAL COMPLAINTS COMMITTEE  
&  
WOMEN EMPOWERMENT CELL**

Organised a Webinar on “**Life Skill- Stress Management**” on 18.5.2020

The Webinar on the **Life Skill- Stress Management** was organized together by the Internal Complaints Committee & Women Empowerment Cell of AVIT. The welcome address was given by Dr.S.Sangeetha, Presiding Officer, ICC and the introduction of chief guest was given by Ms.Leelavathy, CSE, Asst.Prof GII. The special address was given by Dr.S.P.Sangeetha , VP Academics, Coordinator-WEC. There were totally 80 participants present in the webinar. The chief guest of the program Ms.P.Vidhyalakshmi, B.E, M.B.A, Applied Psychology, PG Diploma in Guidance Counselling started the session by explaining about the life skill and a small warm up exercise to be done by all the participants. Few of the topics which were very well explained by her with real life examples were:

- Work from home
- Multitasking
- Environment
- Workload
- Prioritize the task
- Social Isolation and motivation
- Balance between professional and personal life

Later she asked the participants to write the few things which would put them in stress and which was the greatest blessing received by you and at last revealed that we have more blessings and also made to feel everyone how much blessed

they are compared to many others. Also she gave few ideas about few relaxation techniques such as Meditation, Breathing exercise, Walking, Eye relaxation, Music, Exercise and Yoga and Journaling. Finally the speaker ended the session with a final quote saying to live in the moment and give our full attention to what is in front of us and the rest of our life will take care of itself. At the end there was a discussion by the Director Research who attended the full session and was overwhelmed by the way the chief guest made the presentation lively. She was even welcomed by the Director to the campus after the lockdown and finally the vote of thanks was given by Ms.Jensie Anita, Asst. Prof. GII/EEE department.

**Outcome:** The Webinar mainly aimed to relieve the stress with in us and to have a healthy life.

