

**AVIT CENTRE FOR CONTINUING EDUCATION [ACCE]**

**A REPORT ON**

**A FIVE DAY FACULTY DEVELOPMENT PROGRAMME ON “STRESS  
MANAGEMENT”**

**FROM 14 -02 -2022 TO 21- 02 - 2022**



**AVIT CENTRE FOR CONTINUING EDUCATION (ACCE)**

Cordially invites you all for Faculty Training Programme on

## STRESS MANAGEMENT



DATE : 14-02-2022 TO 18-02-2022

TIME : 02.00 PM - 04.00 PM VENUE : DIGITAL ROOM-3

RESOURCE PERSON

**Mr. Syed Mohamed,**

Head - Facilities & Support Services,  
AV Campus



**REGISTRATION URL :**

<https://forms.gle/B7hoBtkbv6GxYxii9>

*In the Presence of*

**Chair Person : Dr. G. Selvakumar, Principal**

**Coordinators : Dr. S.P. Sangeetha,**

Vice Principal (Academics) - AVIT

**Dr. L.K. Hema, HoD ECE & BME - AVIT**



## AVIT CENTRE FOR CONTINUING EDUCATION (ACCE)

Cordially invites you all for the  
Faculty Training Programme on

### **STRESS MANAGEMENT**

Date : 14 Feb 2022 to 18 Feb 2022 Time : 02.00 PM

Venue : Digital Hall 3

#### **PRESIDED BY**

**Dr. G. SELVAKUMAR**

Principal, Aarupadai Veedu Institute of Technology

#### **CHIEF GUEST**

**Mr. SYED MOHAMED**

Head - Facilities & Support Services,  
AV Campus

#### **WITH WARM REGARDS**

**AVIT CENTRE FOR CONTINUING EDUCATION (ACCE)**



**FACULTY TRAINING PROGRAMME ON  
STRESS MANAGEMENT**

**AGENDA [14 Feb 2022]**

- 2:00 pm      Invocation
- 2:02 pm      Welcome Address
- 2:05 pm      Presidential Address
- Dr. G. SELVAKUMAR**  
                 Principal, AVIT
- 2:10 pm      Speaker Introduction
- 2:13 pm      Chief Guest Address & session starts
- Mr. SYED MOHAMED**  
                 Head - Facilities & Support Services,  
                 AV Campus

AVIT - CENTRE FOR CONTINUING EDUCATION [ACCE] organized a Five Day Faculty Development Programme (FDP) on “**Stress Management**” from 14 -02 – 2022 to 21 – 02 2022. Mr. Syed Mohamed, Head of Facilities and Support Services, A. V Campus, Chennai was the Resource Person. The programme was hosted by Dr. Parvathi Sangeetha , Assistant Professor (G-II)/EEE. The programme began with Invocation which was followed by a Welcome Address, delivered by Ms. V Subapriya, Assistant Professor (G-II) CSE who coordinated the whole programme. Dr G.Selvakumar, Principal, AVIT, delivered a Presidential Address in which he addressed the significance of this FDP’.

### **About the FDP**

The aim of this FDP was to make the faculty members understand the stress and educate them on how the stress could be balanced in day-to-day life.



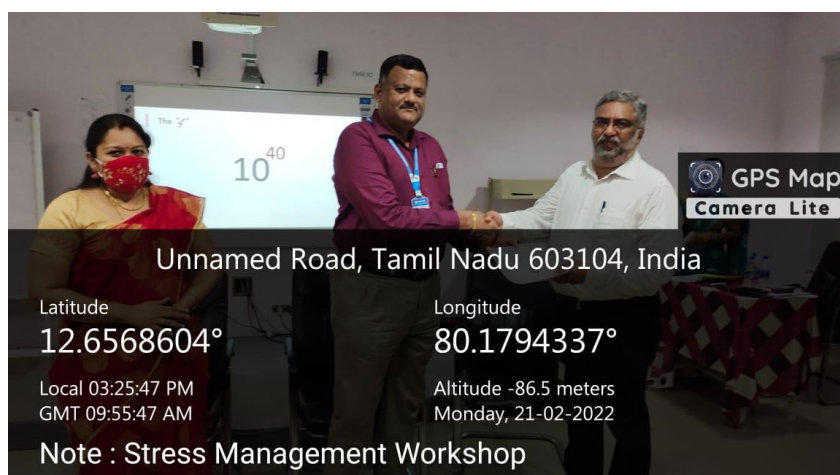
### **Inference from the Faculty Development Programme (FDP)**

The FDP gave a clear clarity about the types of stress – Eustress (good stress) and Distress (bad stress) - with pictorial presentations. The Resource Person, Mr. Syed Mohamed, Head of Facilities and Support Services, A. V Campus, Chennai, stated, “Stress is a situation that triggers a particular biological response when a threat or a challenge is perceived our body produces chemicals”. He explained how one could become stressed professionally, socially and culturally and how he or she could overcome all types of stresses. He suggested “4A Principles “known as ‘accept’, ‘adapt’, ‘alter’ and ‘avoid’.

To make a vivid expression, he illustrated a list of the top eight stresses that a faculty member might face – 1. Job Loss, 2. Knowledge Gap, 3. Delivery Disruption, 4. Skill Gap, 5. Support System, 6. Insufficient Time, 7. Progression and 8. Self Development. Thou stress is ineludible for human beings; he suggested a few clues for stress management.

Doubts of the audience were clarified by the Resource Person during the question session on each day.

A valedictory session was conducted on 21 -02-2022. In the validatory session, the Resource Person gave a short account of FDP in the presence of the Principal and the Vice-Principal (Academics). The Resource Person was honoured by the Principal with a Certificate of Appreciation and delivered a short lecture on Stress Management. About 25 faculty members of AVIT were benefited from the FDP. A few faculty members shared their views and suggestions during the feedback session.





GPS Map  
Camera Lite

Unnamed Road, Tamil Nadu 603104, India

Latitude  
12.65695°

Longitude  
80.1794598°

Local 03:26:21 PM  
GMT 09:56:21 AM

Altitude -87.1 meters  
Monday, 21-02-2022

Note : Stress Management Workshop



GPS Map  
Camera Lite

Unnamed Road, Tamil Nadu 603104, India

Latitude  
12.6570155°

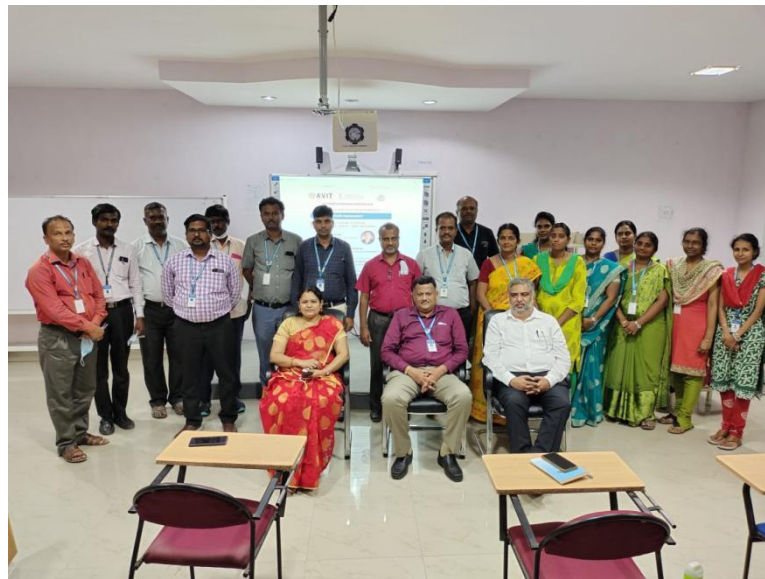
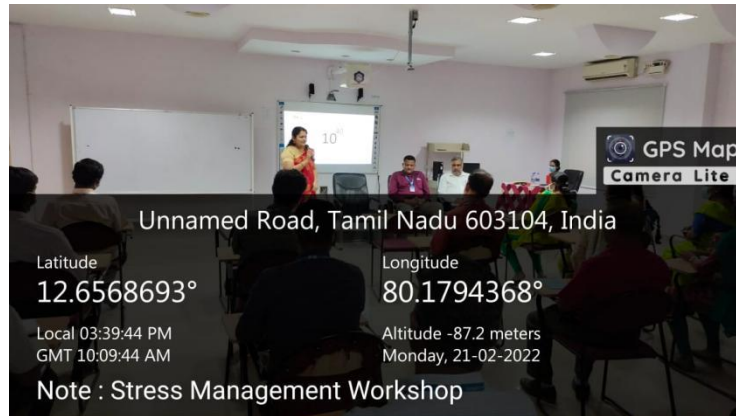
Longitude  
80.1794586°

Local 03:33:04 PM  
GMT 10:03:04 AM

Altitude -86.5 meters  
Monday, 21-02-2022

Note : Stress Management Workshop





A Vote of Thanks was delivered by Dr S.P. Sangeetha, Vice-Principal (Academics). In the vote of thanks, she thanked the Principal, Management and the faculty members for making the FDP a successful one. She offered special thanks to the Resource Person, Mr. Syed Mohamed, Head of Facilities and Support Services, A. V Campus, Chennai. All the FDP participants were issued E. Participation Certificates.