

Lecture on stress management



On March 27th, 2023, MA Rangoonwala College of Physiotherapy hosted an interactive psychology lecture on the topic of how to deal with one's own emotions and stress. The lecture was conducted by a renowned psychologist who provided valuable insights on the subject matter.

The lecture began with an introduction to emotions and their impact on an individual's mental and physical well-being. The speaker Ms. Garima Gupta discussed how emotions such as anger, anxiety, and depression can cause stress and affect an individual's health. The importance of recognizing and managing one's own emotions was emphasized as a key factor in reducing stress levels. The lecture then moved on to practical strategies for dealing with stress and negative emotions. The speaker emphasized the importance of developing coping mechanisms such as mindfulness, deep breathing, and physical exercise. The attendees were encouraged to identify their own stress triggers and develop personalized strategies for managing them.

In this session speaker also addressed the issue of social support and how it can be helpful in dealing with stress. The speaker highlighted the importance of building positive relationships with family and friends as well as seeking professional help when necessary. It was an interactive lecture, with attendees encouraged to ask questions and share their own experiences. The speaker provided personalized advice to attendees based on their specific situations and challenges. The atmosphere was positive and supportive, with attendees actively engaging in the discussion.

Overall, the lecture on how to deal with one's own emotions and stress was a valuable learning experience for attendees. The speaker provided practical strategies and advice for managing stress and negative emotions, and the interactive format allowed for personalized feedback and support. The lecture was well-received by attendees and provided a valuable resource for managing stress and promoting mental health. We are thankful to management and principal for arranging the Talk.