

# SWAMI RAMA HIMALAYAN UNIVERSITY

Department of Clinical Research  
Himalayan Institute of Medical Sciences

## Report on "Stress Less, Live More: Strategies for Well-being"

**Date:** 10<sup>th</sup> July 2025

**Venue:** Training and development cell, Himalayan Institute of Medical Sciences

**Guest Speaker:** Dr. Priya Ranjan Avinash, Head of the Department, Department of Psychiatry

**No. of Participants:** 25

**Objective of the Lecture:** The session was organized with the purpose of equipping students and faculty with **practical techniques to manage stress**, enhance emotional resilience, and promote overall mental well-being, especially in high-pressure academic and professional environments.

*Key points from the session included:*

- a. Understanding Stress
- b. Common Triggers of Stress in Students and Professionals
- c. Practical Strategies for Well-being
  - Time Management Techniques – prioritization, Pomodoro method
  - Mindfulness and Meditation – short breathing exercises practiced live
  - Physical Activity – importance of movement and yoga
  - Healthy Lifestyle Habits – sleep hygiene, balanced diet, digital detox
  - Gratitude Journaling and Positive Self-Talk
- d. Building Emotional Resilience
- e. Institutional Support

The session was highly engaging, with live demonstrations of breathing techniques, mindfulness practices, and group sharing of stress-relief habits. The interactive nature helped attendees connect deeply with the topic.

### Outcome of the Lecture:

- Participants became aware of simple, science-backed strategies to manage stress in their daily lives.
- The session fostered a positive dialogue around mental health, self-care, and proactive wellness.
- Students left with actionable techniques they could start implementing immediately.

### Feedback:

The session received overwhelmingly positive feedback. Attendees found it to be **relaxing, relatable, and energizing**. Many expressed interests in having more such wellness-focused events.

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