

**Swami Rama Himalayan University**  
**Himalayan Institute of Medical Sciences**  
**Swami Ram Nagar, Jolly Grant, Dehradun-248016,**  
**Uttarakhand**  
Department of Psychiatry

Report of Lecture: Significance and Methods of Stress Management

**Lecturer Name: Dr. Praveen Rikhari, Assistant Professor**

- A lecture titled "Significance and methods of Stress Management" was planned for the Foundation course of the MBBS Batch 2025-26
- The lecture was delivered by Dr Praveen Rikhari, Assistant Professor, Department of Psychiatry, in the Lecture Theater-1 of the Medical College Complex on Monday, 29<sup>th</sup> September 2025, between 01:00 PM to 02:00 PM.
- The students greeted the faculty member and the lecture started after taking attendance of the students.
- The outline of the lecture was as follows:
  - Stress – Definition, Causes, Mechanisms, Types
  - Signs and Symptoms of Stress
  - Effects of stress on health – Physical, mental, emotional, spiritual, and cognitive
  - Common myths about stress
  - Stress management techniques- general techniques, lifestyle changes, 4As of stress management, Relaxation techniques
- After the lecture, a discussion with students regarding whether they feel stressed; if yes, then how stressed they feel; and how they manage their stress was conducted. Those who were using ineffective or harmful ways of dealing with stress were taught about better ways to manage stress.
- Finally, an exercise was done to ascertain the stress levels of students. With this, the students thanked the faculty for delivering the lecture, and the faculty thanked the students for actively listening to and participating in the lecture.

  
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