



SWAMI RAMA HIMALAYAN UNIVERSITY

Himalayan Institute of Medical Sciences

Department of General Surgery

Attendance Link - [Attendance](#)

Report of Faculty Guest Lecture on “Stress Management” held on 13th April 2026 organized by Department of General Surgery

Venue: Department of General Surgery, HIMS, SRHU

Participants: 27 (2 Faculties and 25 Residents)

Detailed Report of the Event

A talk on “**Stress Management**” was successfully conducted on 13th April 2026 at 8:00 AM in the General Surgery Department. The session was delivered by **Professor Naveen Kumar Singh, Principal, Teerthanker Mahaveer Medical College & Research Centre, Moradabad U.P.**

The program was organized for PG Residents, who actively participated in the session. The talk focused on understanding stress in the medical profession, its impact on both personal and professional life, and effective techniques to manage stress in a demanding clinical environment. Various practical strategies such as time management, mindfulness, and maintaining work-life balance were discussed in detail.

The session was highly informative and interactive. PG Residents engaged in discussions and shared their experiences, making the session more insightful and beneficial. The speaker also addressed queries raised by the participants and provided valuable guidance for coping with stress in day-to-day clinical practice.

Overall, the program was well-received and proved to be beneficial for all attendees. Such initiatives contribute significantly to improving the mental well-being and professional efficiency of PG Residents.

Conclusion:

The talk achieved its objective of creating awareness about stress management and equipping PG Residents with practical tools to handle stress effectively.



Faculty Guest Lecture “Stress Management” by Professor Naveen Kumar Singh