



**Report on the lecture organized by the Women Empowerment Cell on  
Dealing with Stress on Current Times on 13<sup>th</sup> February 2021 (Saturday)**

PSG Institute of Technology and Applied Research, in collaboration with Women Empowerment Cell, Society of Automotive Engineers (SAE), Wellness Centre and Harmony Club organized a webinar on **Dealing with Stress on Current Times on 13<sup>th</sup> February 2021**. Dr M. Roopa Rani, Faculty, Department of Mechanical Engineering, PSG College of Technology, addressed the Students and Members of Faculty.

Dr P V Mohanram, Principal, welcomed the gathering.

The **Standard Human Problem and Solution** (as listed in Drg-Drishya Viveka:) was briefly **presented by Principal** in the introductory session. He also connected the above approach with the vision of Women Empowerment Cell, where the women will turn out to be confident leaders with the highest competence and capable of serving the world with reverence to environment.

<b>Truth of Being (Understanding of the REALITY)</b>	<b>World (a common man's paradigm)</b>
<p>Key aspects (generally overlooked by a common man – to be emphasized for the transformation)</p> <p><b>1. Undivided Existence    2. Universal Knowingness    3. Ever Contented</b> (No sense of lack)</p>	<p>Key aspects generally emphasized are</p> <p><b>1. Forms (Limited)</b>  <ul style="list-style-type: none"> <li>Separate, independently existing objects – a belief</li> <li>Life principle is as though enclosed in the form</li> </ul> </p> <p><b>2. Names</b> (Mind formulates through dualistic language for the purpose of functional representation)</p>

<b>Typical qualities of truth and its expressions in the world</b>	<b>Typical aspects of human suffering</b>
<b>Peace</b>	<b>Psychological suffering is there incessantly</b>
<b>Harmony</b>	<b>Full of conflicts among persons</b>
<b>Fulfilled, contented</b>	<b>Constantly wanting objects/ situations to be different due to discontent</b>
<b>Welcoming – saying “YES” moment to moment</b>	<b>Resisting what is unfolding from time to time</b>
<b>Fulfilled with all forms of expression</b>	<b>Overwhelmed by fear, uncertainty, insecurity</b>
<b>Unconditional love, respect, mercy, forgiveness for all forms of expression of life</b>	<b>Attachment, aversion, judging self/ others, hatred, insisting, disrespect to others</b>
<b>Unchanging</b>	<b>Constantly changing in nature</b>



Solution to the above Standard Human Problem		
<b>Merge in Totality (Goal)</b>	<p><b>Glorification of divinity</b> in all forms of existence, through interactions - <b>Bhakti Yoga</b></p> <p><b>Offering all actions</b> to the divinity without expectations - <b>Karma Yoga</b></p> <p><b>Understanding and abiding</b> as the REALTY - <b>Jnana Yoga</b></p> <p style="text-align: center;">←</p>	<p><b>Let go, surrender the above attachment</b> (to possessions, relations and situations), and <b>aversions to names and forms</b> (gross and subtle) through a <b>calm mind and meditation</b></p> <p style="text-align: center;">←</p>

Dr Roopa Rani, the resource person, commenced her speech by highlighting two major factors that cause stress: expectation in situations and multi-tasking. There is a **constant chatter happening in mind due to our resistance to what is unfolding**. She pointed that 80% people feel stressed due to three reasons, besides digital technology:

- **Work pressure**
- **Peer pressure**
- **Relationship issues**

The outcomes of such pressure result in serious **mental agony like anxiety and depression**; there is a **decrease in focus, concentration and it culminates in irritation and shouting at others**. Besides, it causes physical issues like **stomach ulcer, cardiac issues, blood pressure, digestive problems, weight gain, and pain in joints** and so on. Therefore, she urged the participants to check whether the cause of stress is under one’s control. What causes stress?

- **My attitude i.e. my state of being**
- **My relationship with family and mutual expectations**
- **My equation with friends and colleagues**
- **The environment (uncertainty, future)**
- **Genetic make-up.**



In any situation try to study:

- **What can be changed? If 'yes'- give a try**
- **If 'no'- let there be reverential acceptance of the situation and gently flow with it.**
- **Resistance goes away**
- **It brings ease to the journey of life**

It may be noted that trees, animals and other forms of nature do not experience stress. Also, the speaker shared some useful techniques to stay away from stress. They are as follows:

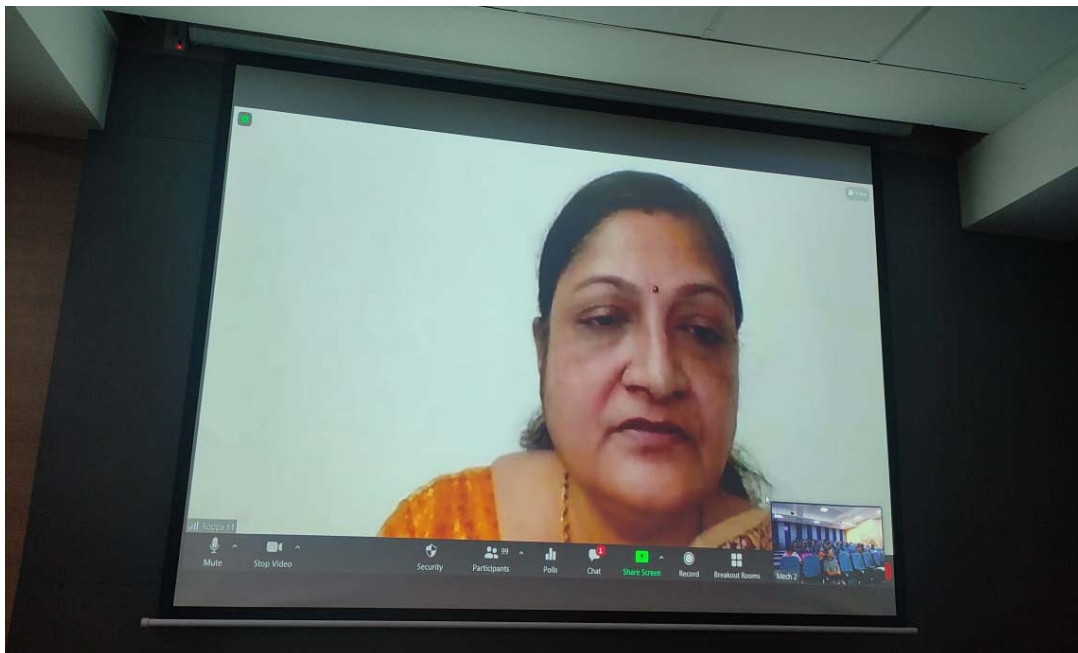
- **Prioritize Important Things – To Do Task List**
- **Plan the activities to be done for the next day**
- **Task Management – Most Important, Most Urgent**
- **Give least priority to Social Media**
- **Allocate extra time for activities that really deserve**
- **Set long-term – for professional developments such as publishing research papers, writing research proposals, books, promotion etc.**
- **Set short-term goals for developing communication skills, learning new languages, interpersonal skills, sports, spiritual, health care, new game, song.**
- **Develop emotional well-being by spending quality time with family and friends**
- **Learn to express yourself in a polite manner to your mentors; it increases confidence**
- **Cultivate cordial relationship with everyone, particularly with the junior subordinates**
- **Show real concern for others with an intension to solve their issues, moment to moment**
- **Listen and respect others' point of view (Listen and consider)**
- **Have the patience to understand, and, adjust to different situations as you grow in the profession**
- **Reserve some time for yourself: "Me Time" for self-analysis and reflections**
- **Am I making others happy? – A fundamental question which each one of us, has to ask oneself frequently**



Besides sharing these tips, participants were requested to understand PDCA Cycle: **P-Plan, D-Do, C-Check, and A-Analyse**. The speaker urged the young student participants to inculcate healthy habits viz:

- **Discover the stress-free zone in your SELF**
- **Accept and face new challenges; welcome challenges;**
- **Do things that you like, and stay energetic throughout the day**
- **Practise positive affirmations like “I will make it” and “Everything is for my good”; keep repeating**
- **Be with nature, take a walk around, and connect with nature**
- **Be grateful to everyone and everything that you possess, even in little things and activities**
- **Why get caught in negative spiral of energy through ‘complaining’?**
- **Shift the focus from “Me” to “You”**
- **Reach out to the needy eg., spending time with students, Manavar Illam**
- **Be in the present; connect with the source - “Being”**
- **Practise “self-enquiry” to understand the root cause of psychological problems**

She also gave a **five-minute guided practice session on breath watching meditation to all participants**. The session came to an end with vote of thanks by students of first year and a group photo with the members of Women Empowerment Cell and students of the first year.



**Dr M. Roopa Rani addressed the Students and Members of Faculty on Dealing with Stress on Current Times on 13<sup>th</sup> February 2021.**



# PSG INSTITUTE OF TECHNOLOGY AND APPLIED RESEARCH

(Approved by AICTE and Affiliated to Anna University)

Neelambur, Coimbatore - 641062



**Dr. P.V.Mohanram, Principal, Dr.G.Chandramohan, Vice-Principal, Dr.S.Jayakumar, Professor and Head, Dept. of Physics, Dr.R.Manimegalai, Professor and Head, Dept. of CSE along with other members of Women Empowerment Cell are seen during in the Photo.**