



# REPORT ON

## One Day Seminar Program on “Managing Stress and Relaxation Techniques” Organized by Mental Health Club, GHBC.

**Date & Time :** 11.04.2025, 12:00 PM.

**Venue :** Conference Hall, Government Hrangbana College (GHBC), Aizawl.

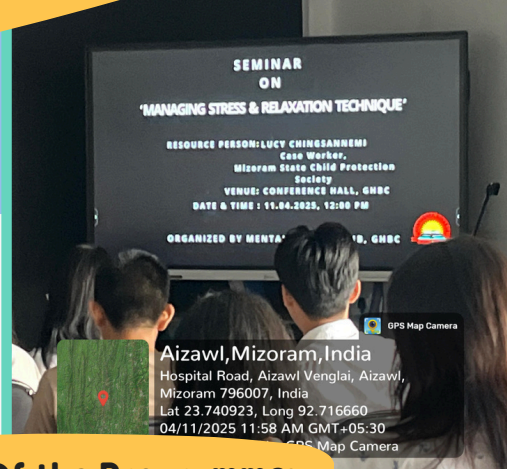
**Resource Person:** Lucy Chingsannemi, Case Worker, Mizoram State Child Protection Society.

### Program Structure:

The event was held at the Conference Hall of GHBC on April 11<sup>th</sup>, 2025. The Session commenced with a welcoming address by Dr. P.C. Lalhmingangi Secretary of Mental Health Club. The Welcome speech acknowledges the purpose and significance of the event, by introducing the Resource Person.

The Resource Person Lucy Chingsannemi, Case Worker, Mizoram State Child Protection Society, began the session by expressing gratitude to everyone present and highlighted the core pillars of mental health, discussing the sources of stress and its effect on physical and psychological well-being.

After the Presentations, the Resource Person initiated an interactive session to engage the students in open and meaningful discussions.



### Objectives Of the Programme:

- The program aims to educate the students on the causes of stress and learned how to manage stress. This training aims to help students effectively cope with academic pressure by understanding the causes and effects of academic stress, learning time management, and organizational strategies.
- This Programme also focuses on Relaxation techniques that can help calm the mind and body, through Deep Breathing, mindfulness, and Physical exercises.

## Outcomes of the session:

The Seminar on Managing Stress and Relaxation Techniques including the interactive segment, led to positive outcomes.

- **Increased Awareness:** Participants gained a clearer understanding of stress, and how it affects their performance in exams, learning how to cope with stress.
- **Practical Learning:** Attendees learned effective relaxation Techniques such as deep breathing, mindfulness, and Progressive Muscle relaxation that they could apply in daily life.

