

**DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI,**

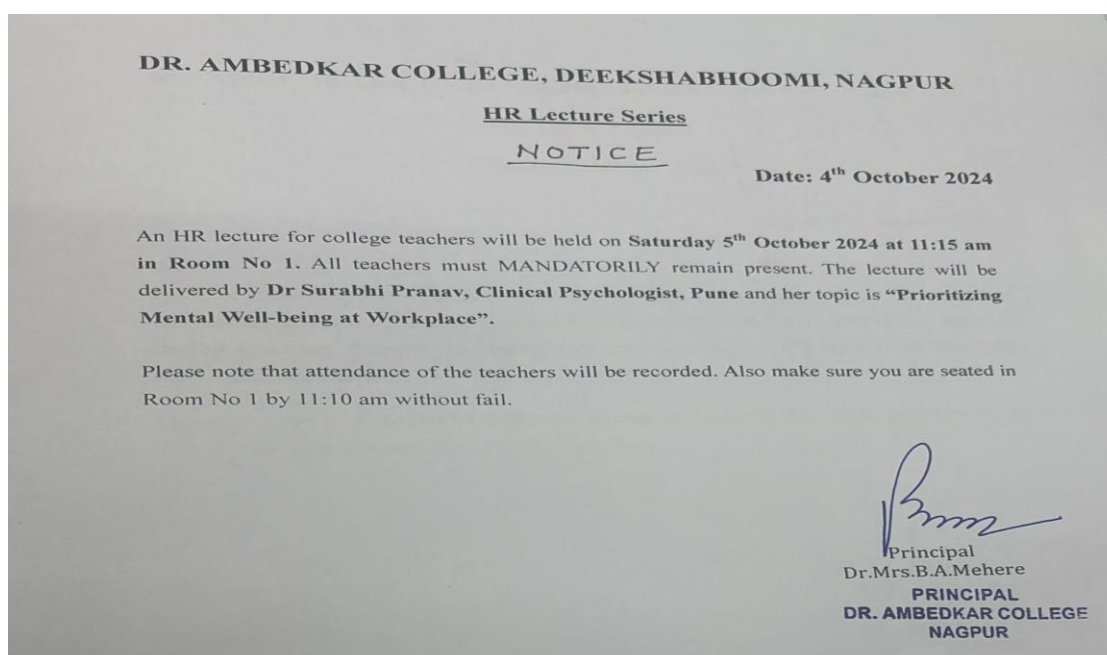
**NAGPUR**

**HR Lecture Series – Lecture 02**

**Academic Session- 2024-25**

<b>NAME OF THE PROGRAMME:</b>	HR Lecture on 'Prioritizing Mental Well-being at Workplace'
<b>NAME OF THE GUEST SPEAKER:</b>	Dr Surbhi Pranav
<b>NAME OF THE PROGRAMME SUPERVISOR:</b>	Dr Varsha Deshpande
<b>NAME OF THE PROGRAMME CO-ORDINATOR:</b>	Dr Aarti Wazalwar
<b>DATE AND DAY:</b>	5 <sup>th</sup> October 2024
<b>TIME:</b>	11 A.M
<b>TOTAL NUMBER OF PARTICIPANTS</b>	<b>70</b>
<b>VENUE:</b>	ROOM NO. 1, MAIN BUILDING DR. AMBEDKAR COLLEGE, NAGPUR.

**Notice**



## **Report on Stress Management by Ms Surbhi Pranav**

The HR Cell of our college organized a talk on '**Prioritizing Mental Well-being at Workplace**' to address the growing concerns about workplace stress and its impact on our staff's well-being and productivity. The talk was organized on **5<sup>th</sup> October 2024** in Room no.1 at 11.00 am. The guest speaker invited was Dr Surbhi Pranav, Clinical Psychologist from Pune. The talk aimed to equip employees with practical tools and strategies to manage stress effectively while fostering a supportive workplace culture. It was organized with an objective of raising awareness about the causes and effects of stress in the workplace and to provide practical techniques for managing stress in professional and personal contexts.

The talk concluded with a Question hour session. Following were the topics covered in the session.

- Understanding Stress: Symptoms, causes, and long-term effects.
- Mindfulness Practices: Breathing techniques and meditation exercises.
- Time Management: Prioritization and workload balancing.
- Emotional Resilience: Building coping mechanisms for challenging situations.
- Workplace Wellness: Tips for creating a stress-free environment.

The talk successfully raised awareness about stress management and introduced employees to effective tools for managing stress.

The Stress Management HR Lecture Series has proven to be a valuable initiative, enhancing employee well-being and reinforcing the organization's dedication to fostering a healthy workplace. Continuous efforts in this area will contribute to improved morale, productivity, and overall employee satisfaction. Principal of the college Dr B.A. Mehere, Vice-Principal and IQAC coordinator Dr Deepa Panhekar, HR Cell Coordinator Dr Varsha Deshpande and HR Cell Co-Coordinator Dr Aarti Wazalwar were prominently present for the program.

The program was conducted by Dr Namrata Pradynakar and vote of thanks was proposed by Dr Pritee Wakudkar. The talk was attended by around 70 staff members.



