



SARVAJANIK COLLEGE OF ENGINEERING  
AND TECHNOLOGY

राष्ट्रीय सेवा योजना  
(NATIONAL SERVICE SCHEME)



## Interactive Session on “ Stress Management ”

for 1<sup>st</sup> year students

As a part of “Celebration of Adolescent Week ”

In association with (Surat Paediatric Association)



“Our health is our greatest treasure”. Taking care of our health is utmost important for everyone. Stress is anything that alters your natural balance. When stress is present, your body and your mind must attend to it in order to return you to balance. Your body reacts to stress by releasing hormones that help you cope with the situation. That in turn takes energy away from the other functions of your brain, like concentrating, or taking action. There are two different sources of stress: **external triggers**, like getting a poor grade or breaking up with your girlfriend/boyfriend, and **internal triggers**, like placing high expectations on yourself. The American Psychological Association (APA) recently released its report about stress in students . This year the report highlighted the stress experienced by youth (teens ages 13-17) stating "high stress and ineffective coping mechanisms appear to be ingrained in our culture".

NSS unit of SCET organised an interactive session on “Stress Management “ for adolescent students ( 1<sup>st</sup> year of BE) in association with Surat Paediatric Association (SPA) on 17<sup>th</sup> November 2017. The team of Paediatrician and Psychiatrists interacted with students. **Dr Sushma Desai** ( President of Surat Paediatric Association) explained about what is stress and what are the root cause of stress in youth or teen. **Dr Trupti Patel** (Psychiatrist ) discussed and demonstrated the ways to cop up with the stress . Students enthusiastically attended the interactive session.

In future the NSS unit of SCET will organise series of such session on various aspects like “ **Adolescent Empowerment , Education about Healthy Family , Emotional Education , Self Defence , SMS (Sexual Abuse , Media& Substance abuse)** with such organizations for health and welfare awareness for all the students and staff of our college.

### Photographs of the Interactive Session



Interaction of Dr. Salim (Child Specialist) with Students



Dr. Sushma Desai (President –SPA)



Dr. Trupti Patel



Inteaction of Dr Sushma Desai with Studnets



**Team of Paediatrician and Psychiatrists of Surat Paediatric Association**

**Prof Niket Shastri**  
Program Officer , NSS

**Prof Satish Dokiparti**  
Co- Coordinator , NSS

**Dr Mayank Dalal**  
Dean - SAWC