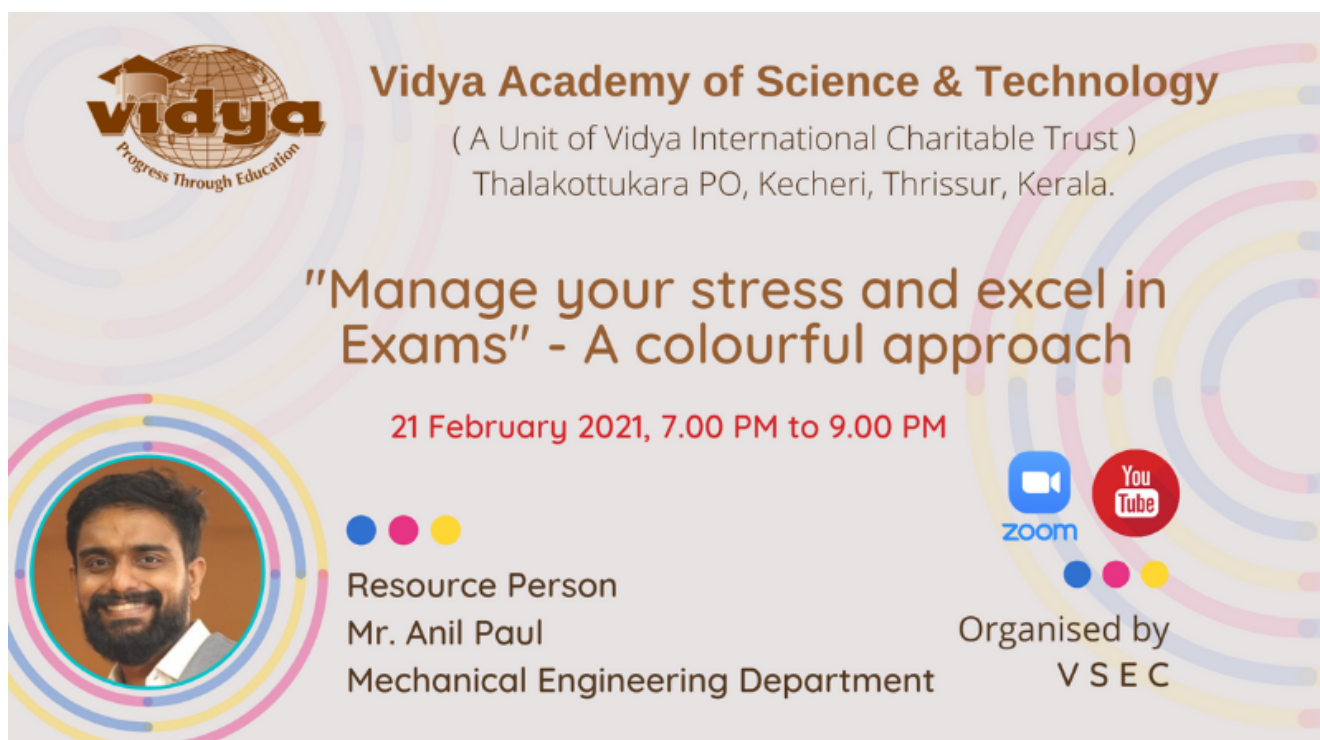


# VSEC's "colourful approach" to stress management



The poster features the Vidya Academy of Science & Technology logo at the top left, which includes a globe and the text "vidya Progress Through Education". To the right of the logo, the text reads "Vidya Academy of Science & Technology (A Unit of Vidya International Charitable Trust) Thalakkottukara PO, Kecheri, Thrissur, Kerala." The main title of the session is "Manage your stress and excel in Exams" - A colourful approach, displayed in a large, bold font. Below the title, the date and time are given as "21 February 2021, 7.00 PM to 9.00 PM". A circular portrait of Mr. Anil Paul, the resource person, is shown on the left side. To the right of the portrait, it says "Resource Person Mr. Anil Paul Mechanical Engineering Department". Further right, there are icons for Zoom and YouTube, with the text "Organised by VSEC" below them. The background of the poster is decorated with colorful concentric circles in shades of blue, pink, and yellow.

Vidya Social Empowerment Center (VSEC) in association with Sameeksha, the trainers' club of Vidya, conducted a session on "Manage your stress and excel in exams: A colourful approach" for the Xth Standard students of Pakaravoor Chithran Namboothirippad Govt Higher Secondary School, Mookuthala on 21 February 2021. The resource person for the session was Mr Anil Paul (AP, ME Dept and member of Sameeksha). There were 150 registrations and the students actively participated in the programme.

The programme was hosted in the Zoom platform and live streamed through the official YouTube channel of Vidya Academy of Science and Technology, Thalakkottukara.

The session started at 7.00 PM with the welcome address by Mr Sudhan K R of PE Dept. Following this the resource person Mr Anil Paul made his presentation. He discussed the meaning of stress, the various causes of stress and the strategies for dealing with stress. Students were also made to do relaxation

techniques for relieving stress. At the end of the session students were given opportunity to clear their queries related to stress management.

The session came to end with a vote of thanks by Mr Biju P V (AP, ME Dept).

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**Video record of the session**

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