



**G. NARAYANAMMA INSTITUTE OF TECHNOLOGY & SCIENCE
(For Women)**

**(AUTONOMOUS)
Shaikpet, Hyderabad - 500104**

Training and Placement Cell

Event Report

Event Title: Stress Management and Time Management

Speaker: Mrs V. Jahnavi,
Asst.Professor in English, GNITS

Date: 14th September 2021

Time: 10:00 AM to 3:30 PM

Venue: F10B Hall (F- Block, 3rd Floor)

Introduction:

The "Stress Management and Time Management" event aimed to equip students with essential skills to effectively handle academic pressures. Attendees explored strategies for stress reduction and time optimization, fostering a balanced and productive approach to their academic lives.

Key Highlights:

1. Stress identification and coping mechanisms.
2. Time management techniques tailored for student schedules.
3. Interactive session on prioritization and goal setting.
4. Stress-relief activities promoting holistic well-being.
5. Peer discussions on successful time and stress management.

Conclusion:

Students emerged from the event equipped with practical tools to navigate academic challenges. The focus on stress and time management ensures attendees are better prepared to handle pressures, maintain well-being, and achieve academic success through effective time utilization and stress reduction strategies.