



DEPARTMENT OF ELECTRICAL & ELECTRONICS ENGINEERING

K L E F

(Koneru Lakshmaiah Education Foundation)

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Tag: KLEF/EEE/ KLEF/ ECE/ IQAC - STUDENT/ SQ.3/ ACTIVITIES (Acad/ Extn)

TITLE: EEE DEPARTMENT ACTIVITY REPORT FOR THE MONTH OF feb 2023

Activity Name	Organised By	Date Of Conduction/Participation	Place Of Conduction	Number Of Students (EEE) /Faculty Participated
Stress management	CEA	12-2-23	ZPHS of Tadepalli	7/1

CEA IN ASSOCIATION WITH EEE DEPARTMENT ORGANISED STRESS MANAGEMENT WORKSHOP TO zphs SCHOOL STUDENTS ON Stress is a common experience for many school children around the world, and India is no exception. In fact, in the Indian context, stress among school children is particularly prevalent due to the highly competitive nature of the education system and societal expectations. Stress can have a negative impact on a child's physical and mental health, academic performance, and overall well-being. Therefore, it is important for parents and educators to understand the causes of stress and implement effective strategies for managing it.

One of the primary causes of stress in Indian school children is academic pressure. From a young age, children are expected to perform well academically in order to secure a good future for themselves. The pressure to excel in school is reinforced by parents, teachers, and society at large. This can lead to feelings of overwhelm, anxiety, and even depression among students. The pressure to perform well academically is compounded by the lack of opportunities for extracurricular activities and playtime in schools, as these are often seen as a distraction from studies. Stress is a common experience for many school children, as they deal with academic pressure, social challenges, and other aspects of daily life. Here are some tips for managing stress in school children:

1. Encourage healthy habits: Make sure your child is getting enough sleep, eating a balanced diet, and getting regular exercise. These habits can help to reduce stress and promote overall well-being.
2. Teach relaxation techniques: Help your child learn how to relax and de-stress through activities such as deep breathing, meditation, or yoga. These techniques can help to reduce anxiety and promote calmness.
3. Foster a supportive home environment: Create an environment where your child feels comfortable talking about their worries and concerns. Let them know that you are there to support them and that it's okay to make mistakes.
4. Help them prioritize: Help your child to identify their most important tasks and responsibilities and create a plan to accomplish them. This can help to reduce feelings of overwhelm and promote a sense of control.
5. Encourage time management skills: Teach your child to manage their time effectively by breaking tasks into smaller, manageable chunks, setting goals and deadlines, and using tools like planners or calendars.
6. Model healthy coping strategies: Model healthy coping strategies for your child by managing your own stress in a positive way. This can include taking breaks, engaging in hobbies, or seeking support from friends and family.
7. Seek additional support: If your child is experiencing persistent stress, consider seeking additional support from a school counsellor or mental health professional. They can provide additional strategies and support to help your child manage their stress.





Students participated in stress management event are

2100060032-shaikNowsheen
2100060014-y.Bhavitha
2100060024-N.odette
2100069005-g.divya teja
2100069069-swarna latha
2100069031-k.padmavathi
2100069 -g. Lohitha lakshmi

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