



# SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY  
(UGC & AICTE Approved) Gurugram, Delhi-NCR

**Workshop on  
Stress Buster  
among school  
children  
17th May 2024**



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1. **Title of the Activity:**

“Workshop on Stress Buster among School childrens”

2. **Date:** 17<sup>th</sup> May2024

3. **Location of the Activity:**

TRH Public School, Jhajjar, Gurugram, Haryana

4. **Organizing Faculty/Department/Association**

Pflege Club under the Department of Obstetrics & Gynecological Nursing, Faculty of Nursing, SGT University with Faculty of Behavioral Science, SGT University.

5. **Participating Team Members with Designation:**

1. Prof. (Dr.) Neeta Bhide, (HOD), Faculty of Nursing
2. Ms. Deepak (Associate Prof.), Faculty of Nursing
3. Ms. Lisa (Assistant Prof.), Faculty of Nursing
4. Ms. Pooja, (Assistant Prof.), Faculty of Nursing
5. Ms. Banapriya (PG Tutor), Faculty of Nursing
6. Ms. Sonam(PG Tutor), Faculty of Nursing



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6. **Objective of the Activity:** The workshop was planned with the aim to introducing childrens to various techniques and strategies for managing stress, such as deep breathing exercises, mindfulness, meditation, or relaxation techniques. To Equipping students with the knowledge and skills to prevent stress before it becomes overwhelming.

8. **Brief Write-up on the event(s)**

The Pflege Club Obstetrics and Gynecological Nursing, Faculty of Nursing with Faculty of Nursing SGT University organized A Workshop on “Stress Buster” among School students on 17th May 2024 from 10:30 am onwards at TRH Public School, Jhajjar, Gurugram, Haryana. The programme was organized under the guidance of Prof (Dr.) Sunil Kumar Dular, Dean, Faculty of Nursing and Dr. Neeta Bhide, HOD, Obstetrics and Gynecological Nursing, Faculty of Nursing, SGT University. The program has started with the aim of equipping participants with practical tools and techniques to manage stress effectively in their personal and professional lives, including mindfulness, deep breathing exercises, time management strategies, and physical activities and various team activities by Dr. Farhat Jahan, Faculty of Behavioral Science, SGT University. The event, which was organized by Ms. Sonam, Tutor, and faculty of the OBG Nursing department of SGT University. was wrapped off with a vote of gratitude from Ms. Karen M.Sc. Nursing 2<sup>nd</sup> Year student, Ms. Poonam, Principal of TRH Public School acknowledged and appreciated the efforts of the team for motivating the students by the interactive team activities.



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**9. Number & Description of Beneficiaries:** 140 Students has attended the program.

**8 Student Attendance :** Janhvi , Shivani, Karen, Aparna.

**11. Outcome of the Activity & its Relevance to Health Sciences:** The Workshop has achieved remarkable success in educating students regarding various stress releasing techniques.

**12. Relevant Photographs with captions**



Dr. Farhat has interact with students about stress that they are facing in daily life





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Students are doing the stress relieving activities



Student are doing the various team activities



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Token of Appreciation to Principal of TRH Public School (Ms.

### 13. Feedback from Beneficiaries/ Photo of Letter of Appreciation/ Testimonials

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