



**Report on**  
**A popular lecture**  
**on**  
**Management of Stress**

**18 August 2023**

**School of Studies in Biotechnology**  
**Pt. Ravishankar Shukla University, Raipur 492 010, Chhattisgarh**

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A popular lecture on "**Management of Stress**" by **Dr. Priyamvada Shrivastava**, Professor, School of Studies in Psychology, PRSU, Raipur, have been organized by School of Studies in Biotechnology, PRSU, Raipur, on **18 August 2023** at **01.00 pm** in its **Seminar Hall**.

The speaker, Dr. Shrivastava, was greeted and welcomed with a floral bouquet by **Prof. Keshav Kant Sahu**, Head, School of Studies in Biotechnology, PRSU, Raipur. All the M.Sc. students, along with research scholars and faculty members of the School were present in the lecture.

The session started with a brief technical definition of stress and, its positive and negative impacts on the body. Furthermore, the physiological aspects of induction of stress in the human body was discussed in detail, along with how stress affects the physical, mental, and emotional well-being of a person. Dr. Shrivastava talked about different types of stresses: acute, episodic, and chronic in reference to their occurrence and the coping capabilities of human beings. After that, various symptoms of stress were discussed in detail, including physical, emotional, behavioural, and cognitive changes in an individual under stressed conditions. Also, she asked the audience to analyze and write down the symptoms that they face when feel stressed.

The major and minor causes of stress were discussed in detail, especially in reference to the young generation, which is primarily affected by unhealthy eating habits, a lazy lifestyle, and poor time management. At last, various management strategies have also been discussed to overcome stress, which mostly included having a healthy lifestyle, practicing proper management of time, and having realistic expectations. The talk ended with how the physical, intellectual, emotional, and spiritual well-being of an individual are interrelated and affected

by each other, and ensuring being healthy in all aspects enhances one's capabilities of managing stress and stressful conditions. The session concluded with a vote of thanks by Ms. Bipasha Singh of M Sc III Semester of this School.

The lecture proved to be an excellent source of information on stress management. Students gained valuable insights and practical tips on stress management.

### Glimpses of the session



**(Keshav Kant Sahu)**  
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