



**KONGUNADU ARTS AND SCIENCE COLLEGE
(AUTONOMOUS)**

**Re-accredited by NAAC with A⁺ Grade - 4th cycle,
College of Excellence – UGC
29th Rank among Colleges in NIRF 2023
Coimbatore - 641 029, Tamil Nadu, India**



DEPARTMENT OF COMPUTER SCIENCE (Aided)

**Workshop on EMPOWERING YOUNG MINDS :
BUILDING RESILIENCE IN STUDENTS**

**Supported by
DBT STAR COLLEGE SCHEME**

REPORT

Name of the Event	Workshop on Empowering Young Minds : Building Resilience in Students
Date	24-08-2023
Time	10.00 A.M
Resource Person With Designation	Mr.P.Nandha Kumar Emotional wellness Coach and Author , Member ICF, Internation Coach Federation, Coimbatore.
Venue of the Programme	Annai Violet Matriculation and Higher Secondary School ,CBE-29
Objectives of the Programme	• To create awareness about the causes of stress • To educate the students to manage and overcome the stress • To conduct activities to make the students stress free
Outcome of the Programme	• Awareness was created about the reasons and causes of stress • Tips were provided to overcome the stress • Activities were conducted and students participate enthusiastically in all activities.
Number of Beneficiaries with Class (Both Students and Faculty)	Students: XI and XII students – 80 Total Number of Beneficiaries: 80

Report of Programme: The school students numbering 80 attended the workshop. The resource person created awareness about stress and clearly narrated the situations and the

circumstances that would create stress in the minds of the students. The following causes of stress and the ways to overcome the stress were well discussed.

- Academic performance
- Social Situations
- Family Issues
- Trauma
- Big Life Changes
- Peer group influence.

The school students were educated about the following tips to reduce the stress of day-to-day activities.

- Practice guided meditation.
- Exercise.
- Relax Your Muscles.
- Take care of yourself
- Engage in self relaxation
- Deep Breathing.
- Eat Well.
- Take a Break whenever needed.
- Make Time for Hobbies.
- Talk About Your Problems.
- Help others

The resource person conducted many activities in order to make the students free from stress. Activities related to understanding the emotions, environment, situations were practised using charts, paper and colour pencils. Students enthusiastically participated in all the activities. They admired the Goal Pizza concept very much and it has motivated them to set their future goals. Students enjoyed circle formation activity very well. Students and Teachers opined that the programme was very useful and served the purpose. Students were really benefited by learning effective stress management which leads to improvement in both mental and physical health.



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BUILDING RESILIENCE IN STUDENTS**

Date :24/08/2023

Venue: Annai Violet Matriculation and Higher Secondary School ,CBE-29

