

# Gyanmanjari Institute of Technology Bhavnagar

Report on

## Stress Relief Activities on

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Date: 13/08/2024  
Time: 12:00 pm  
Venue : Seminar Hall

<b>No. of Student</b>	15
<b>Department</b>	Electrical Engineering
<b>Semester</b>	Diploma 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> and Degree 3 <sup>rd</sup>
<b>Faculty Co-Ordinator</b>	Prof. R S Dixit & Prof. B R Vaghela

## Objective

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The primary objective of a stress relief activity is to reduce mental, emotional, and physical tension, fostering a sense of relaxation and well-being. These activities aim to lower stress levels by helping individuals manage feelings of anxiety and overwhelm, while also promoting mental clarity and focus. By providing an outlet for emotional tension, stress relief activities can enhance emotional balance and stability. Additionally, they encourage physical relaxation, reducing muscle tension and other physical symptoms associated with stress. Many activities, such as deep breathing and meditation, promote mindfulness, helping individuals stay present and avoid worrying about the past or future. Through regular practice, these activities can improve sleep quality, support better rest, and build resilience, making it easier to cope with future stressors.

## About Activities:

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Stress relief activities are designed to help individuals manage and alleviate the mental, emotional, and physical effects of stress. These activities vary widely, but they all share the goal of promoting relaxation and well-being. Common stress relief activities include deep breathing exercises, meditation, and mindfulness practices, which encourage mental calm and present-moment awareness. Physical activities like yoga, walking, or more intense forms of exercise are also effective, as they help release tension stored in the body, boost mood, and improve sleep. Creative hobbies such as painting, music, or writing provide emotional outlets, offering a break from stressful thoughts. Socializing with friends or spending time in nature can foster feelings of connection and tranquility. Overall, the objective of these activities is to create a space for rest, reflection, and rejuvenation, helping individuals manage stress more effectively in their daily lives.

## Photographs

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