**PRESS NOTE**

**A Session on Universal Human Values and Stress Management – Impacts and Approaches in MVGR**

Dt: 09.11.2022

On the part of one week student induction program for all B. Tech Freshers, MVGR College of Engineering, Vizianagaram organized a talk on **“Universal Human Values” by Brahma Kumaris** on 2nd day, Tuesday and a session on **“Stress Management – Impacts and Approaches”** on 3rd day, Wednesday.

Rajyoga teachers of Brahma Kumari’s, **Vaishnavi, Madhuri, and Manjusha** were the resources persons for the talk on universal human values and **Dr. J Grahita,** MD (Psychiatry), NRI Medical, Tagarapuvalasa and **Dr. N Deepchand**, MBBS, MD (Psychiatry), Andhra Medical College, KGH, Visakhapatnam were the resource persons for the session on stress management.

Addressing the students on Tuesday, the second day of induction program, Brahma Kumari’s stressed the importance of human values in education and its impact on studies. They said that Values reflect our intention or motive behind our actions and decision-making process. Values are sometimes acquired since our childhood through our parents, schooling and immediate surroundings. Values are also the guiding force behind how we actually behave in a given situation and asked the students to lead their lives with moral values such as honesty, truthfulness and integrity.

On Wednesday, the third day of induction program, Dr. J Grahita and Dr. N Deepchand discussed the definition and causes of stresses in engineering life and how it impacts the student body and mind. Sometimes these stresses lead to depression in students and talked about other root causes for depression like poor nutrition, physical health issues, genetics, brain chemistry imbalance, and importantly addition to drugs. They stressed on the 8 signs of depression such as anxiety, hopelessness, mood swings, change in body weight, uncontrollable emotions, feeling low, insomnia and most dangerous sign suicidal tendency. And they highlighted the importance of counselling mechanism in engineering institutions and appreciated the institution on practicing such counselling mechanism where a faculty is being allotted minimum 5 students from each section.

Before ending the session, they shared the approaches of stress management to the students by non-pharma logical way like having deep sleep, nutrition food, spending valuable time with family, friends. They suggested the students to inculcate the habit of sharing depression and anxieties they faced with family and friends and asked to maintaining positive attitude always in life.

In this occasion, Mr. S Mohan Kumar, Dean of Students, Dr. D Krushna, Induction Program Faculty coordinator, and all first year B. Tech students were present.