

Department of Mathematics & Alumni Association

Hindu Kanya Mahavidyalaya, Jind

Event: Awareness Lecture on 'Stress Management'

26th March, 2025

On 26th March, 2025 an Awareness Lecture was organized by the Department of Mathematics and Alumni Association of Hindu Kanya Mahavidyalaya, Jind on the topic 'Stress Management'. The program was chaired by the Principal of the college, Dr. Punam Mor and conducted by Mrs. Anju, Assistant Professor of Mathematics and In-charge of Alumni Association, Dr. Keauty. Welcoming the keynote speaker on this occasion, the Principal of the college, Dr. Punam Mor said that this topic is very important in today's stressful environment. She said that stress can affect us both physically and emotionally and can create positive or negative emotions. Dr. Neha Mittal, Assistant Professor of Mathematics, S. M. S. L. Government College, Julana presented her views as the keynote speaker in this program. Dr. Neha Mittal is an alumna of Hindu Kanya Mahavidyalaya, Jind. She told the students that stress management means reducing mental stress and improving mental state. Stress management can make you happier, healthier and more productive. While making the students aware, she said that for stress management we should exercise regularly, take out time to rest, practice relaxation techniques like meditation, yoga, pranayama, eat clean and healthy food, keep our daily routine right and fix our time of eating, sleeping and waking up. She told the students about the causes of stress such as loneliness, physical illnesses, old memories, alcohol, domestic discord and also told them about the physical problems caused by stress such as high blood pressure, heart attack, stroke etc. She also informed the students about the symptoms of stress such as fatigue, headache, insomnia, muscle pain, increased heartbeat, lack of concentration and memory, indecisiveness, nervousness or emptiness in the mind, anxiety, depression, anger and frustration etc. Teachers of Mathematics Department Dr. Niketa Sharma, Mrs. Suman, Miss Purnima, Miss Sonia, Miss Shivani and Mrs. Nishu were especially present in this awareness lecture. 40 students participated enthusiastically in this awareness lecture. At the end of the lecture, Dr. Keauty presented the vote of thanks to the chief speaker Dr. Neha Mittal and also thanked all the participants for their active participation. President of the Governing Body of the college Dr. Anshul Singla ji and Principal Dr. Punam Mor ji congratulated the Mathematics Department for successfully organizing this lecture and encouraged the students for participating in this type of programs in future as well.

Glimpses and Media Coverage of the Event

Hindu Kanya Mahavidyalaya, Jind
Department of Mathematics
 In collaboration with
Alumni Association
 organises
Awareness Lecture
 on the topic
Stress Management

Date: 26th March, 2025
 Venue: Room No. 108
 Time: 12:00 noon

Keynote Speaker:
 Dr. Neha Mittal
 An Alumna of H.K.M.V., Jind
 Asst. Prof. of Mathematics
 S. M. S. L. Govt. College, Jhuna

Mrs. Anju
 Incharge, Dept. of Mathematics

Dr. Kearty
 Incharge, Alumni Association

Dr. Punam Mor
 Principal

Diagram illustrating Stress Management factors: EXERCISE, RELAX, MUSIC, HOBBY, MEDITATION, THERAPY, MOTIVATION, TRAVEL.

