

RAM KRISHNA COLLEGE OF AYURVEDA AND MEDICAL SCIENCES,  
RKDF UNIVERSITY, GANDHI NAGAR, BHOPAL.

## Stress Management Techniques Lecture

Name of activity	Stress Management techniques Lecture
Type of activity	Soft Skill Programme
Occasion	-----
Date	21/11/2022
Venue	Ram Krishna College of Ayurveda and Medical Sciences
Chief organizer	Prof. (Dr.) Abhijit B. Patil
Co-ordinator	Dr. Rameshwar Vishwakarma
Chief Guest	BK Kiran Didi BK Sukhendra Bhai Prof. Vijaykumar Agrawal
Student beneficiary	85
Teaching staff beneficiary	25
Non-teaching staff beneficiary	12
Remarks	

### Brief report:

In Ayurveda, many types of treatment modalities have been described by the Acharyas in which Adhyatmik and Adhibhautik treatment has an immense importance. Many of the psychological and stress induced diseases are treated with this treatment modality very successfully. Most of the times, where medicine doesn't work or doesn't have any role, this treatment works magically.

So, considering its importance and root causes, stress is to be managed properly as now a days people are being exposed to many stressful conditions related to study, occupation, settlement, relations and financial stability.

To overcome all this stress and manage it effectively, we were fortunate to have BK Kiran Didi who taught us techniques to tackle all these situations through simple modification in daily activities and meditation.

The programme commenced with the warm welcome of guests followed by lamp lightening and Lord Dhanwantari payer. After praying the God of Health and prosperity of Ayurveda, the guests were felicitated with the floral bouquet and a token of love and appreciation from the institute.

Prof.(Dr.) Abhijit B. Patil, Principal, RKCAMS in his welcome address introduced the audience the theme and objective of celebration of the event. He narrated how Ayurveda is competent enough to treat all the stressful and psychological conditions without intervention of the medicine. According to him, It's not less than a great wonder and magic that only with the help of mantra chanting and wearing divine stones one can have relief from this type of diseases.

Prof. Vijaykumar Agrawal, Vice Chancellor, RKDF University told that the youth of the India is under extreme stress for early settlement, instant bank balance and shortcut to success. This stress is dangerous for them to expect the things unusually. He also depicted that the patience is important to achieve the things on proper time which the present generation is lacking the most.

BK Kiran Didi in her main session of the event, expressed her concern of worry about the younger generation. She has given many examples which are useful the students and layman to keep the stress away. Her advice was comparison is the most dangerous factor behind the stress and we should enjoy simple things in life without comparing with others. Whenever there is a situation of stress, meditation works as medicine and healing ailment to bring you out of the stress. One should make meditation as routine part of life just like we do other things daily.

She ended her session with a short session of meditation after which the audience experienced extreme kind of peace of mind and a slight connect with their inner sole.

To sum the session, Dr. Rameshwar Vishwakarma delivered vote of thanks.

The program was successfully organized under the valuable guidance of honourable Dr. B. N. Singh, Director, General management, Dr. V. K. Sethi, Director General, Research, Dr. N. K. Lariya, Registrar, Dr. Sunil Patil, Controller of Examination, and Dr. Ratnesh Jain, Dean, Student Welfare.

Some glimpses of the event

**RAM KRISHNA COLLEGE OF AYURVEDA AND MEDICAL SCIENCES**

**LIVE WEBINAR Series**

**SOFT SKILLS PROGRAMME ON STRESS MANAGEMENT**

**on**

**21<sup>st</sup> Nov., 2022**  
**11 am To 12.30 pm**

**Expert Lecture**

**Hon'ble Dr. Sadhna Kapoor**  
Chief Patron  
Chancellor, RKDF University, Bhopal  
&  
Honorary Professor of Academic Union, Oxford, UK

**Mr. Siddharth Kapoor**  
Patron  
Managing Director,  
RKDF University, Bhopal

**Prof. Vijay K. Agrawal**  
Patron  
Vice Chancellor,  
RKDF University, Bhopal

**Dr. Abhijit Patil**  
Convenor  
Professor and Principal  
RKCAMS  
RKDF University, Bhopal

**Dr. Rameshwar Vishwakarma**  
Co-ordinator  
Assistant Professor  
RKCAMS  
RKDF University, Bhopal

**Keynote Speaker**  
**B. K. Kiran**  
Regional  
Coordinator for M.P.  
Values and Spirituality Cell of  
Brahma Kumaris

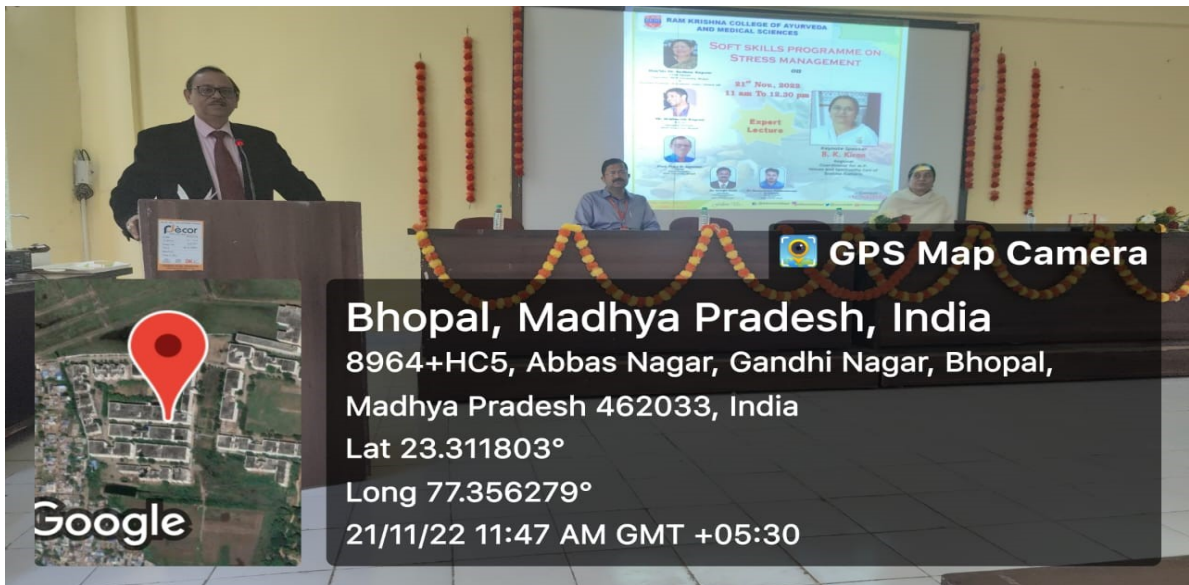
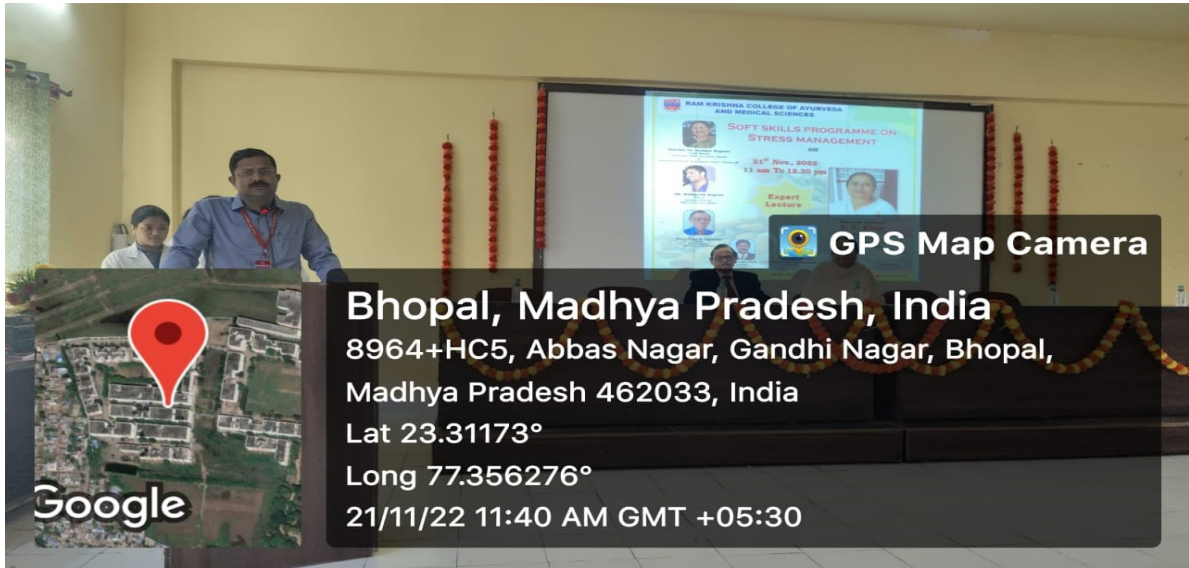
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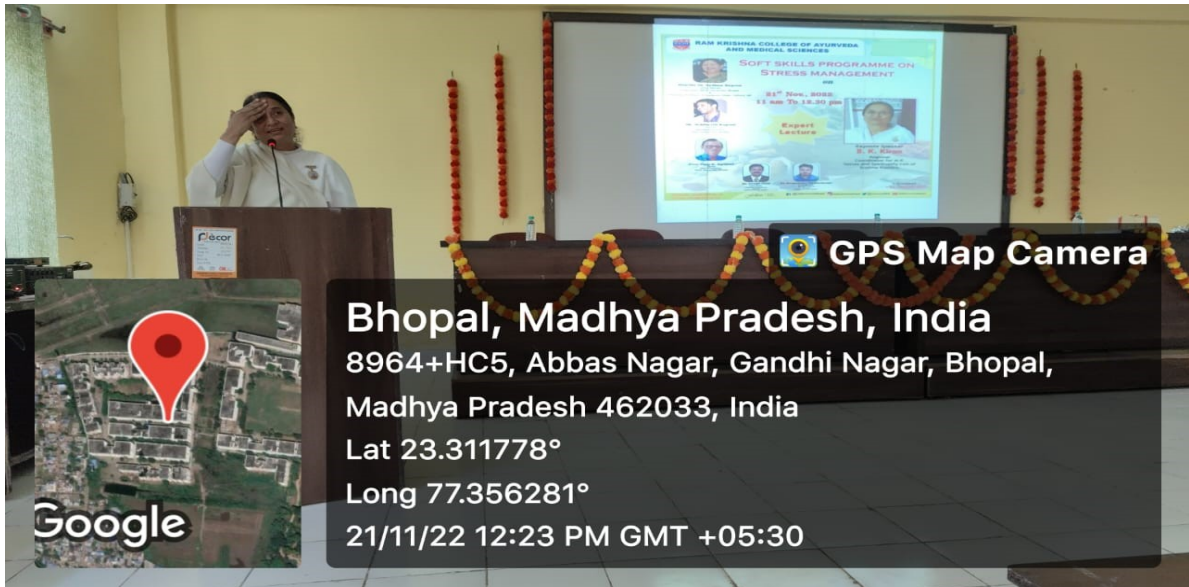
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
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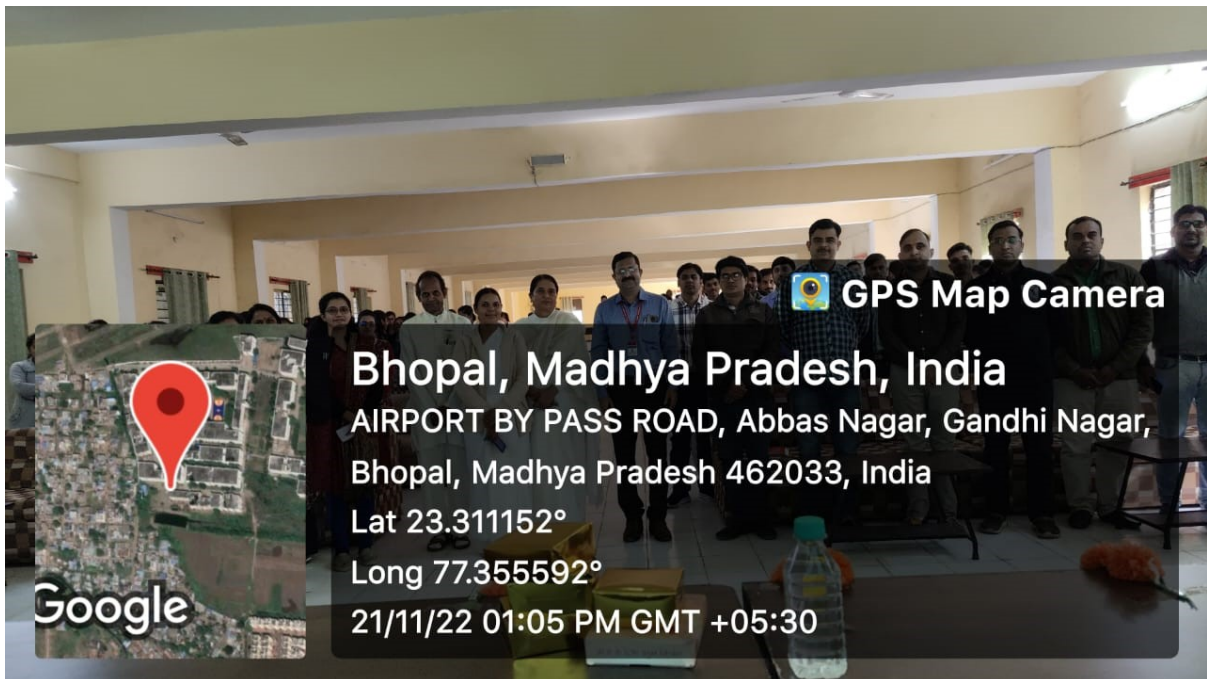





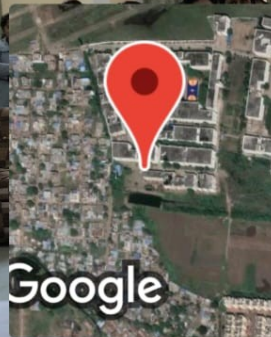
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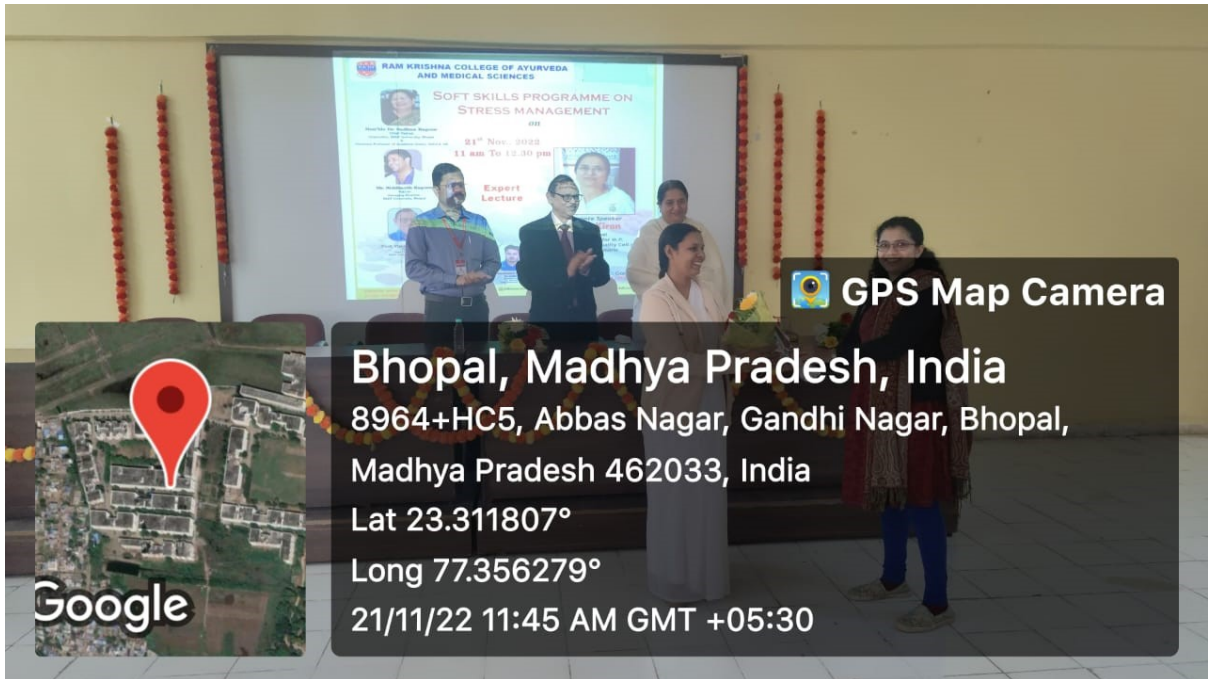
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