



Pulla Reddy Institute of Pharmacy
Domadugu(V), Gummadidala(M), SangaReddy Dist, Telangana



Report- Workshop on Stress management and motivation

With prior scheduling the events in the presence of our beloved Principal “ Dr. V. Rama Mohan Gupta and Head of the department of Pharmacology and Pharmacy Practice - Dr.D.K.Suresh and with the kind support of our Chairman “Ch. Sathi Reddy” and Director, Ch.Aditya Reddy”, workshop on **stress management and motivation** was conducted by **L.Rekha** , **Counselling center lead at Praan Foundation** in the college premises on 08.02.2023

Stress is a normal physical and psychological response to these demands, and a small amount of it can even have a positive impact. However, is it when we encounter multiple stresses in our daily lives and are pushed beyond our capabilities, both physically and mentally, that we find it difficult to cope.

Motivation is shaped by a number of factors such as physical well-being, psychological growth, and social satisfaction. And in this pursuit of well-being, growth and satisfaction, we are bound to face stresses due to the demands we have of ourselves as well as those we should meet.

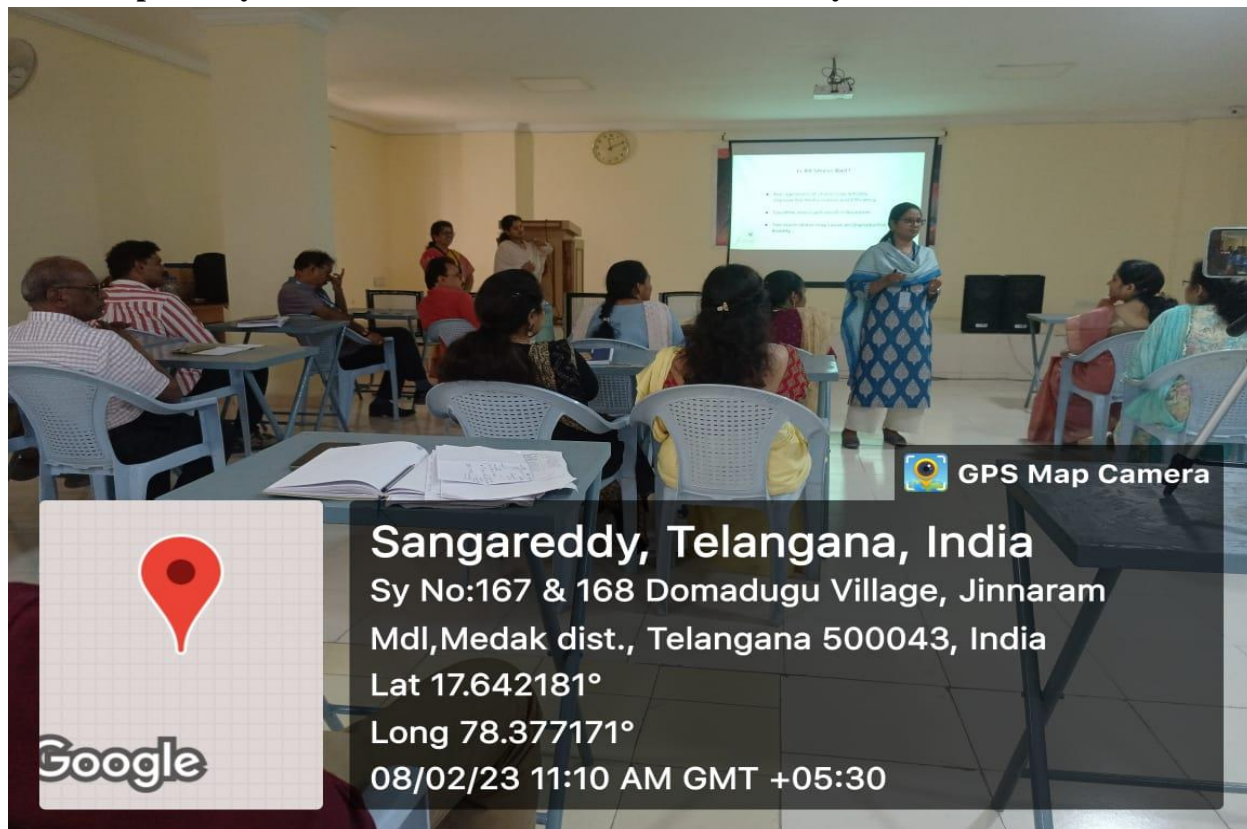
In this context, NSS unit of Institute has taken support of NSS Volunteers of B.Pharm., Pharm.D and M.Pharm. to organise the event successfully.

In this regard, all the students of B.Pharm., Pharm.D and M.Pharm. had participated actively by creating awareness on Stress management and motivation and highlighting the importance of it in the present days and also some tips have been given to overcome the problems.

- Identify the cause of reduction in motivation (and cause of stress)
- Devise ways to increase motivation (and reduce stress)
- Implement methods to increase motivation (and manage stress)

Herewith we are attaching few photographs of the programme.

1. Guest speech by Praan Foundation team member to faculty members



2. Felicitation to guest, L.Rekha by HOD, Dr.Raja Rajeshwari

