

**CBSE Webinar Report**

DATE : 07<sup>th</sup> May, 2021. [02:00 pm to 03:00 pm]  
ORGANISED BY : CBSE, Centre of Excellence: Delhi East  
THEME : Stress Management Techniques  
RESOURCE PERSON : Ms. Bhavika Gidwani  
ATTENDED BY : Mr. Ankur Sharma

The meeting was very educative, informative and interesting. Ms. Bhavika Gidwani explained about the meaning of the concept of stress, discuss the myths and misconceptions about stress, discuss the various stressors in life: negative and positive personal stressors and discuss different stress management techniques.

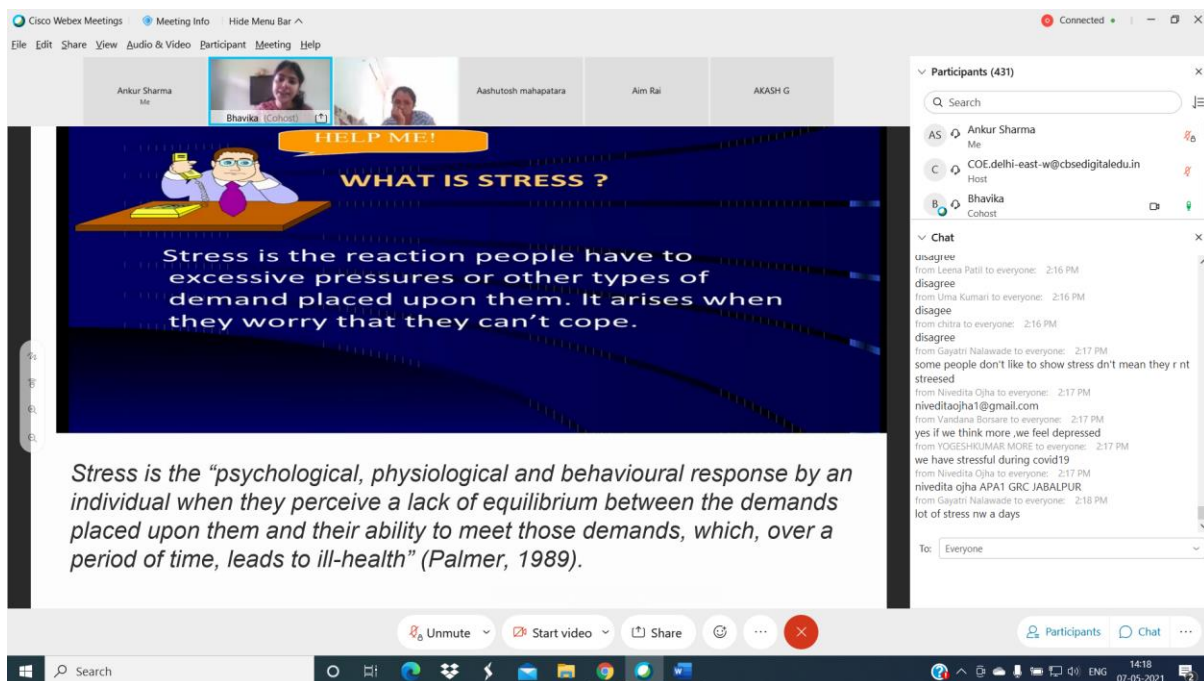
Major discussion was on the following key points:

- Different symptoms to recognize the signs of stress
- Myths about the stress
- Explained the definition of stress using mathematical equation
  - $S = P > R$   
This equation indicates that stress occurs when the pressure is greater than the resource.
- Different state when teacher may feel the stress
- What is stress management? And why is it so important to manage stress?
- Different example of negative and positive personal stressors
- Stress Management Techniques
  - Change your thinking.
  - Change your behavior.
  - Change your lifestyle.
- Benefits of Stress Management Techniques

The information given by Ms. Bhavika Gidwani in the session “Stress management techniques” were very useful. Now in this pandemic situation everyone is facing different kinds of stress. So, I personally feel we all can reduce the stress level up to some extent by attending this kind of fruitful session.

Prepared by- Mr. Ankur Sharma

**Some Snapshots of the session are:**



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Ankur Sharma Me Bhavika (Cohost) Ashutosh mahapatara Am Rai AKASH G

Participants (435)

Search

AS Ankur Sharma Me  
C COE.delhi-east-w@cbsdigealedu.in Host  
B Bhavika Cohost

Chat

nivedita ojha APA1 GRC JABALPUR  
from Sapthi Natarajale to everyone: 2:18 PM  
lot of stress nw a days  
from Seetu Sen to everyone: 2:18 PM  
mam voice is not clear  
from Seetu Sen to everyone: 2:18 PM  
mam voice is not clear  
from sindhu ramesh to everyone: 2:18 PM  
sindhukuramanoor@gmail.com  
from Rojalin Mohanty to everyone: 2:18 PM  
voice is very clear  
from Vandana Talekar to everyone: 2:18 PM  
it is audible  
from Anuradha Singh to everyone: 2:18 PM  
it's clear  
from Vishal Ganesh to everyone: 2:18 PM  
it may be What you want VS what you get  
from Vandana Borsare to everyone: 2:18 PM  
voice is not clear, Maam

To: Everyone

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Ankur Sharma Me Bhavika (Cohost) Ashutosh mahapatara

Why is it so important to manage stress?

- Emotional equilibrium gets disturbed
- Physical health suffers
- Narrows our ability to think clearly and function effectively

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B Bhavika Cohost

Chat

from Babilee N Gotlie to everyone: 2:21 PM  
yes true  
from maneeet to everyone: 2:21 PM  
true  
from YOGESHKUMAR MORE to everyone: 2:21 PM  
Being confident about your work helps to maintain the stress  
from Pooja Ulagadde to everyone: 2:21 PM  
very true  
from Ms. MANORAMA SINGH to everyone: 2:21 PM  
very true  
from Lata Parohit to everyone: 2:21 PM  
true  
from Swapna Shivaji Bhosale to everyone: 2:21 PM  
yes  
from YOGESHKUMAR MORE to everyone: 2:22 PM  
Trying to do the things best as per our level  
from Meenakshi Bhardwaj to everyone: 2:22 PM  
Let it go

To: Everyone

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Ankur Sharma Me Bhavika (Cohost) Kalpana Elnathrao Samp... Aashutosh mahapatara Aim Rai

**Headaches**  
Stress can trigger acute headaches or tension headaches.

**heartburn**  
Stress increases the production of stomach acid, which can irritate the lining of the stomach or esophagus.

**rapid breathing**  
When you're stressed, the breathing muscles tense up, causing you to breathe more rapidly.

**risk of heart attack**  
Stress increases the risk of heart attack by increasing blood pressure and heart rate.

**pounding heart**  
Stress increases the heart rate, causing the heart to beat more rapidly.

**fertility problems**  
Stress can affect the reproductive system, leading to fertility problems.

**erectile dysfunction**  
Stress can affect the reproductive system, leading to erectile dysfunction.

**missed periods**  
Stress can affect the reproductive system, leading to missed periods.

**increased depression**  
Stress can lead to depression and anxiety.

**insomnia**  
Stress can lead to insomnia, making it difficult to fall asleep.

**weakened immune system**  
Stress can weaken the immune system, making you more susceptible to illness.

**high blood sugar**  
Stress can lead to high blood sugar levels.

**high blood pressure**  
Stress can lead to high blood pressure.

**stomachache**  
Stress can lead to stomach pain and indigestion.

**low sex drive**  
Stress can lead to a decrease in sex drive.

**tense muscles**  
Stress can lead to muscle tension and pain.

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Ankur Sharma Me Bhavika (Cohost) Aashutosh mahapatara Aim Rai

# Stress Management

1. Listen to Music
2. Talk to friends
3. Take a walk
4. Get more sleep
6. Take a hot bath
6. Exercise
7. Eat Comfort Food
8. Do Yoga
9. Try to laugh about it
10. Play an instrument

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Bhavika Cohost

Chat

Yes ma'am  
from Musami Choudhary to everyone: 2:24 PM

yes ma'am  
from Khushboo Tomar to everyone: 2:24 PM

Good Afternoon , Khushboo Tomar  
Assistant teacher  
Chanda Public School , Ramnagar  
Chandrapur, Maharashtra.  
Affiliation - 1130127  
School no. - 30703  
Email - khushbootomar.cps@gmail.com  
from Seema Nitin to everyone: 2:25 PM

very true ma'am  
from Sunil Kadam to everyone: 2:25 PM

true  
from Supri Bhattacharjee to everyone: 2:25 PM

True  
from Surekha Sharad Gholap to everyone: 2:25 PM

true

To: Everyone

Participants (463)

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Bhavika Cohost

Chat

need positive comments, feedback from others  
from Pragati to everyone: 2:31 PM

very well said ma'am. best time to explore  
from Pragati to everyone: 2:31 PM

new hobbies  
from Vandana Talekar to everyone: 2:31 PM

learning a new hobby is the best solution  
from YOGESHKUMAR MORE to everyone: 2:32 PM

it is a fact that such time never come back for learning  
from Vandana Talekar to everyone: 2:32 PM

well said sir  
from Maninder to everyone: 2:32 PM

This is the time for ourselves... Think for urself  
from Komal Golimbade to everyone: 2:33 PM

yes ma'am agree  
from Adarsh Wadhe to everyone: 2:33 PM

lifestyle??  
from rashmi to everyone: 2:33 PM

we really don't want this time to come back

To: Everyone

Enter chat message here

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Ankur Sharma Me Bhavika (Cohost) Aashutosh mahapatra Aim Rai

# STRESS REDUCTION TECHNIQUES

- Exercises
- Meditation
- Socialize
- Take a break
- Healthy Habits
- Look for Humor
- Know Your Limits
- A Balanced Schedule

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Bhavika Cohost

Chat

from Gayatri Josalkar to everyone: 2:34 PM

6

from Bharati Kudchadkar to everyone: 2:34 PM

8 of them

from Smriti Takawane to everyone: 2:34 PM

3

from sonali Tekade to everyone: 2:34 PM

4

from Punima Rawalkar to everyone: 2:34 PM

6

from Ankur Sharma to everyone: 2:34 PM

6

from NILAKSHI DADA HANDEKAR to everyone: 2:34 PM

4

from Madhuri Annadate to everyone: 2:34 PM

3 I do

from stancy14@gmail.com stancy14@gmail.com to everyone: 2:34 PM

7

To: Everyone

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14:34 07-05-2021

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Ankur Sharma Me Mangala Kumar samadhan khedkar Suman Lath seema karade

# Benefits of Exercise

- Uses up excess energy released by the 'Fight or Flight' reaction.
- Improves blood circulation
- Lowers blood pressure
- Clears the mind of worrying thoughts
- Improves self image
- Makes you feel better about yourself
- Increases social contact

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Bhavika Cohost

Chat

drop-down option is enabled in attendance form?

from Sanju Bharti to everyone: 3:04 PM

Thank you so much Bhavika ma'am for wonderful session

DD

from Sanju Bharti to everyone: 3:04 PM

please share Assessment link also

from Athirajan to everyone: 3:04 PM

I can't able to choose the session

from Athirajan to everyone: 3:04 PM

kindly check please

from Dr JagdishSharma to everyone: 3:04 PM

wonderful session

from Gayatri Josalkar to everyone: 3:04 PM

thank you so much ma'am

from Priyanka Sharma to everyone: 3:04 PM

mam plz share attendance form link

from Maninder to everyone: 3:05 PM

Wonderful Session so impressive

To: Everyone

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15:05 07-05-2021

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# Techniques for Stress Management

## Deep breathing: Diaphragmatic breathing technique

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B Bhavika Cohost

Chat

from Pawan Singh to everyone: 3:05 PM  
Thanks Mam  
from Babita Shrivastava to everyone: 3:05 PM  
wonderful session so impressive  
from Nitin Gaware to everyone: 3:05 PM  
thank you mam to make more possessive  
thanked you so much ☺☺☺☺  
from HEMLATA RAMESH WAGH to everyone: 3:06 PM  
wonderful session  
from ruchika dharmare to everyone: 3:06 PM  
thank u for the wonderful session  
from Puja Upadhyay to everyone: 3:06 PM  
thank you ma'am for wonderful session  
from RDHINI BOGAWAR to everyone: 3:06 PM  
Excellent session  
from Gauri Patil to everyone: 3:06 PM  
submitted feedback

To: Everyone

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Ankur Sharma Me Mangala Kumar Bhavika (Cohost) samadhan khedkar Suman Lath seema karade

Viewing Bhavika's application...

# MEDITATION

NILAKSHI DADA HANDE...

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15:06 07-05-2021

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B Bhavika Cohost

Chat

from Pawan Singh to everyone: 3:05 PM  
Thanks Mam  
from Babita Shrivastava to everyone: 3:05 PM  
wonderful session so impressive  
from Nitin Gaware to everyone: 3:05 PM  
thank you mam to make more possessive  
thanked you so much ☺☺☺☺  
from HEMLATA RAMESH WAGH to everyone: 3:06 PM  
wonderful session  
from ruchika dharmare to everyone: 3:06 PM  
thank u for the wonderful session  
from Puja Upadhyay to everyone: 3:06 PM  
thank you ma'am for wonderful session  
from RDHINI BOGAWAR to everyone: 3:06 PM  
Excellent session  
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To: Everyone

Enter chat message here