

CHETTINAD DENTAL COLLEGE AND RESEARCH INSTITUTE

STRESS AWARENESS MONTH 18.07.2020

FINAL YEAR B BATCH (2016 2017)

DATE AND VENUE: 18.07.2020(ZOOM APP)

TIME_10:45 _ 4:30 PM

STUDENTS PARTICIPATED

1.N.ATEEQ AHAMED

2V.BALAJI

3.BALAN SAMRAJ.E

4.CHANDHINI.S

5.DEEPIKA.R.M

6.GOWTHAM.P.D

7.GOWTHAM.B

8.HARISH. P

9.HEMALATHA

10.JAYABALAN.C

11.JAYAKUMAR.P

12.JINEESH.M

13.JOHNVEE.S

INTRODUCTION

- We the students of B_BATCH FINAL YEAR conducted a event on STRESS AWARENESS MONTH
- On the occasion of the stress awareness month we want to spread the people how to control the stress.
- We made some poster and chart presentation to spread the awareness and we conducted some kind relaxing games on zoom app which is quite interesting
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- Then we made a video on how the people control the stress and we explained about the consequences of the stress and we explained how to control the stress and to live a stress free life.

- **ABOUT STRESS AWARENESS MONTH**

- First of all there is no specific day to celebrate stress awareness day
- But UNITED STATE OF AMERICA declared November as STRESS AWARENESS MONTH

ROLES DONE BY B BATCH STUDENTS DURING THE EVENT

- INTRODUCTORY SPEECH_N.ATEEQ AHAMED
- E_BADGE_E.BALAN SAMRAJ
- E_POSTER 1 _GAUTHAM.B
- E_POSTER 2 _JAYAKUMAR
- CHART PRESENTATION JAYABALAN.C
- AV PRESENTATION 1 _DEEPIKA.R.M
- AV PRESENTATION 2 _GOWTHAM.P.D
- POETRY RECITSTION_BALAN SAMRAJ
- PUBLIC VIEW VIDEO _JAYAKUMAR

- Games

- CROSSWORD PUZZLE_ATEEQ AHAMED AND JINEESH.M

- EMOJI CHALLENGE _JOHNVEE AND HEMALATHA

- RAPID FIRE _CHANDHINI.S

- VOTE OF THANKS _CHANDHINI

- PAMPHLET_HARISH.P



This is the poster presentation done by P.JAYAKUMAR which explains about the factors which are the stress and giving some tips for stress management.

Stress Awareness Month

70% of people are constantly under stress

women are stressed more often than men

young people are more prone to stress

stress is the cause of 80% of disease

Why dentist are stressed

- Confinement
- Isolation
- Economic Pressure
- Time Pressure
- Compromise treatment frustration
- Patients anxiety
- Stress of perfection

CAUSES OF STRESS

- 1) Physiological stressors
- 2) psychological factor
- 3) socio cultural stressors
- 4) Environmental stressors

Simple ways to Overcome stress

- GET EXERCISE**
Learning physical activities and getting out of bed will reduce stress and improve your mood.
- TURN OFF YOUR PHONE**
Instead spend this time doing something that will result in immediate gratification. This could be reading, watching, or hanging out with friends.
- TAKE A NAP**
Even if you only have enough time for 15 minutes, get some sleep during your break to recharge.
- LISTEN TO SOOTHING MUSIC**
If you get stressed on a Friday afternoon, listening to music can help you relax and feel better about your day.
- GET CREATIVE**
If you're stressed, consider yourself off the creative page. Drawing, writing, or even for those with a hobby, it can help distract you from the things that are causing you stress and anger.

FOUR TYPES OF STRESS

CHRONIC BUSTRESS (GOOD STRESS)	ACUTE BUSTRESS (GOOD STRESS)
ACUTE DISTRESS (BAD STRESS)	CHRONIC DISTRESS (BAD STRESS)

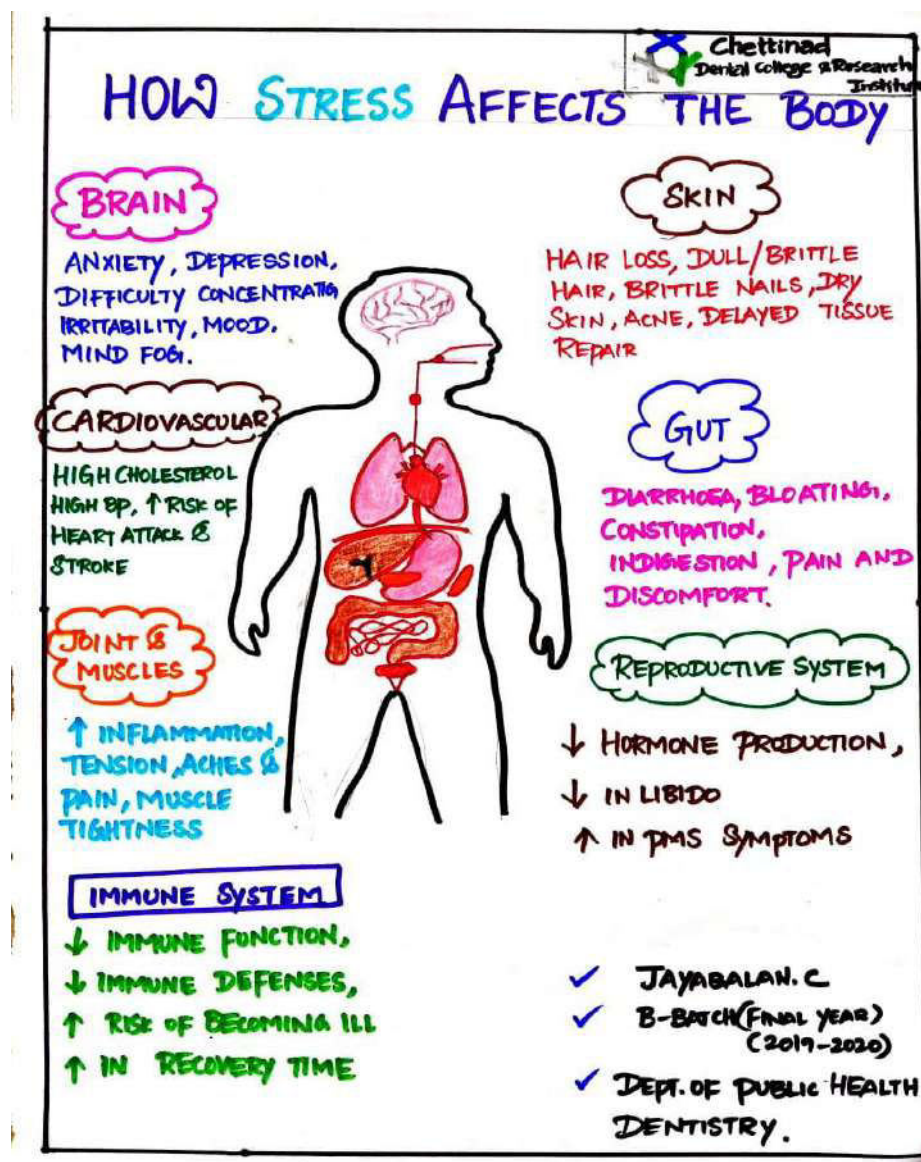
Chettinad
Hospital & Research Institute

This is the chart presentation done by JAYABALAN.C which explains about the causes of stress and how to overcome the stress and to lead a stress free life.

CAUSES OF STRESS:

1. Inadequate sleeping time
2. Becoming more stress in panic situation
3. Physiological stress like exam tension
4. Environmental stress like noise air pollution etc.

And he explain about the four type of stress.






This is the chart presentation done by JAYABALAN. C which explain about the systemic effects of stress which affect the body parts. This also explains about the precautionary measures to lead a stress free life and to overcome the stress.


This is the STRESS AWARENES MONTH E_BADGE done by the B_BATCH students which explains about the decreasing the stress and do the yoga and to lead a stress free life.u

STRESS

When do we get stress
Is it due to lack of finan
Is it due to lot of diseas
Maybe due to life's regi




many things cause stress,
which hinder our progress.
Imighty's omnipresence,
...I get rid of our grievances.



**Progress and regress are natural!
Undergoing stress is insensible,
We should make up our minds cheerful!
Spiritual guidance makes us adorable.**
































-E.Balan samraj.



This is the poem about the stress done by BALAN SAMRAJ.E which explains about the stress and giving support and boost to the people who are feeling depressed and who are living in a stressful life.

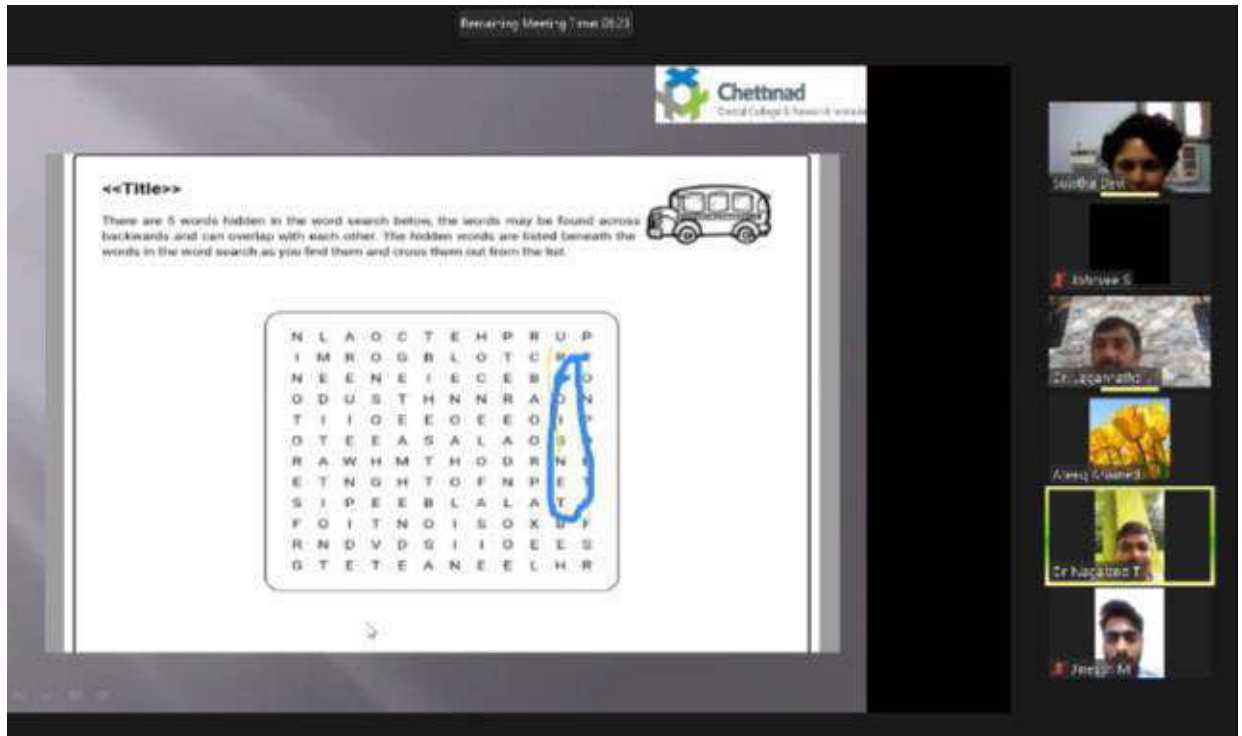
4G 4G 12:27 14.8 KB/s ... VoLTE 4G 51%

Close Participants (37)

GB	Gautham B	 
GP	Gowtham PD	 
	Harish P	 
HR	Harish Raghav	 
	Hema Latha	 
	Hema Suresh	 
	Jayabalan C	 
	Jineesh M	 
	Johnvee S	 
KM	Kavitha Mohan	 
KM	Keerthana Manikandan	 
	krithika rajan	 

Invite Mute All ...

This is the PAMPHLET done for STRESS AWARENESS MONTH by HARISH.P which explains about the what and all positive effects for living without stress and some tips to lead a stress free life.

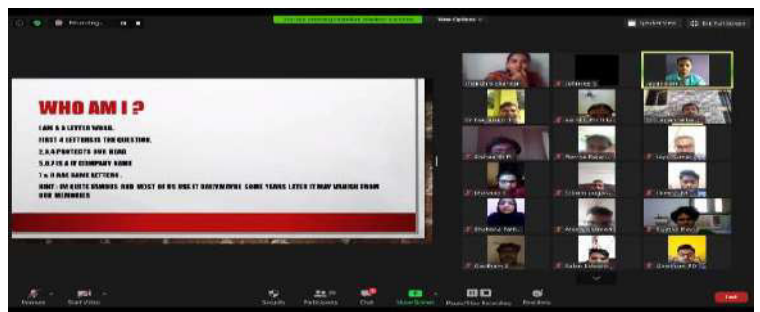


This are some mind relaxing games like crossword puzzle done by ATEEQ AHAMED.N AND JINEESH. M



HEMALATHA S
JOHNVEE S
B BATCH
Department of public health
dentistry

This is EMOJI CHALLENGE done by HEMALATHA AND JOHNVEE.

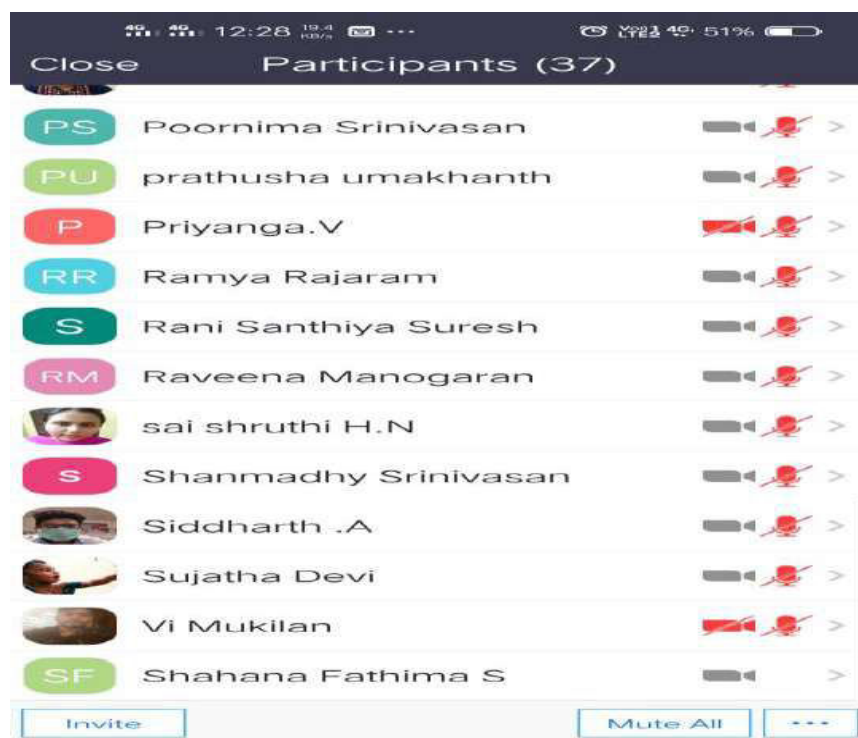


This is the riddles done by JAYABALN.C

ATTENDENCE SHEET:
NO OF STUDENT PRESENT:13/13

FACULTY PRESENT:8
1.DR.JAGANNATHAA
2.DR.NAGALAND
3.DR.NAGAPPAN
4.DR.CYRIL BENEDICT

5.ALL INTERNS PRESENT








































4G 4G 12:27 27.2 KB/s

Voice 1 4G LTE2 51%

Close Participants (37)

Search

-  **Jaya Kumar** (me, host)   >
-  **Ateeq Ahamed**   >
-  **kaviya boopalan**   >
-  **Aarthy Krishnan**   >
-  **Balaji Ragavan**   >
-  **Balan Edward**   >
-  **Bhavana B**   >
-  **Chandhni Shanker**    >
-  **Dakshin D**   >
-  **Deepika R M**   >
-  **Dr. Jagannatha GV**   >
-  **Gautham B**   >

Invite

Mute All





FEEDBACK ABOUT THE EVENT:

- 1.FROM THE STRESS AWARENESS MONTH WE GAINED SOME KNOWLEGE ABOUT THE HOW TO OVERCOME THE STRESS
- 2.FROM THIS EVENT, WE GOT SOME INFORMATION ABOUT THE CAUSES OF STRESS LIKE INADEQUATE SLEEP, IMPROPER FOOD HABITS.
- 3.WE LEARNED ABOUT THE SYSTEMIC EFFECTS OF STRESS THAT AFFECTS THE WHOLE BODY

4.WE GOT GOD RESPONSE FROM THE PEOPLE WHEN WE WERE DOING PUBLIC VIDEO FROM THE PEOPLE.

VOTE OF THANKS:

WE WERE VERY GLAD TO THE DEPARTMENT OF PUBLIC HEALTH DENTISTRY TO MAKE THIS EVENT VERY SUCCESSFUL WE THANK ALL THE FACULTY MEMBERS WHO WERE PRESENT DURING THE EVENT.

THANK YOU!