



Management Strategies WORKSHOP

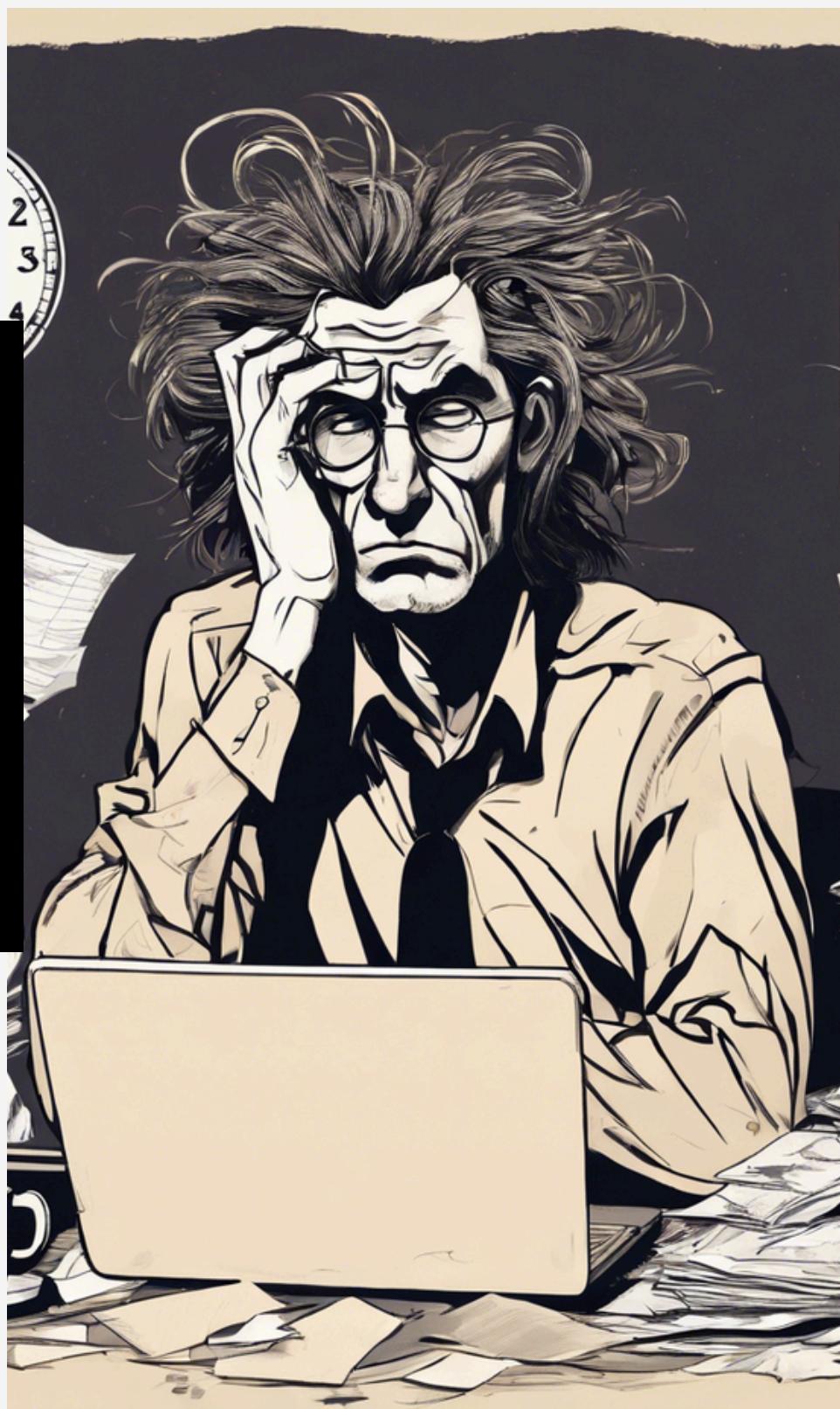
THE REPORT

9TH OCTOBER 2024
3:00 PM-5:00 PM
MOOT COURT HALL

Techniques for work
life balance

How to say no?

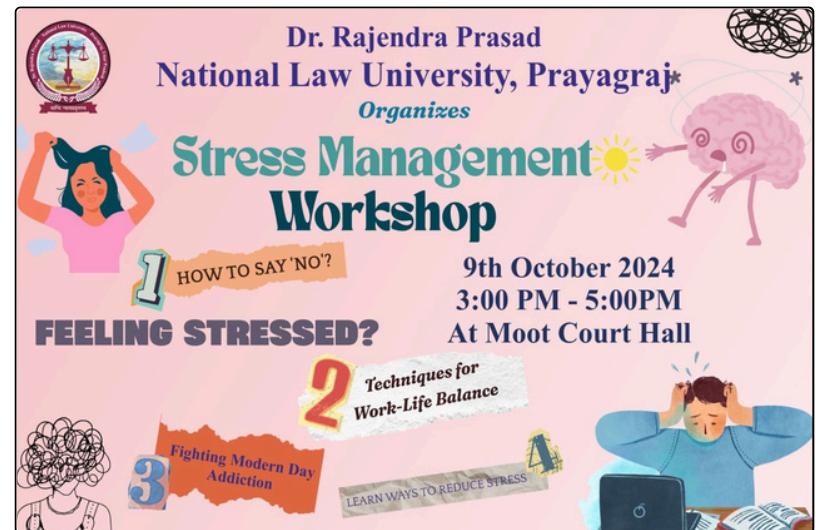
Fighting Modern Day
addictions



Introduction

Stress management is crucial for students as they navigate the unique challenges of this transformative period. The demands of academic responsibilities, including rigorous coursework, exams, and tight deadlines, can create significant stress. Coupled with the transition to a new environment and the need to forge social connections, this can feel overwhelming. To address this, the Debate and Discussion Club of our university, Dr. Rajendra Prasad National Law University, recently organized an effective stress management workshop aimed at helping students maintain focus and balance their workloads while also promoting better time management skills essential for their lives by enhancing students' awareness of stress management strategies and methods for addressing related challenges.

The session primarily focused on fostering resilience and encouraging healthy habits, the university is proactively working to ensure that students graduate equipped not only with academic achievements but also with a strong foundation of emotional and physical well-being. This comprehensive approach to stress management lays a strong foundation for lifelong health, enabling students to thrive in both their personal and professional lives.



THE SPEAKERS *of the* **workshop**

Mrs. Mishra underscored the importance of cultivating inner peace and encouraged students to integrate meditation into their daily routines as an effective stress management tool. She elaborated on how meditation not only alleviates stress but also enhances self-awareness, enabling individuals to align more closely with their core values and aspirations. Through personal anecdotes and insights, she demonstrated how a consistent meditation practice can lead to a more fulfilling and balanced life. Her dedication to helping others on their journey of self-discovery positions her as a strong advocate for integrating mindfulness into daily life. Her efforts inspire us to view meditation not merely as a tool for stress relief, but as a means to gain a deeper understanding of ourselves and live with purpose.



Mrs. Jyoti Mishra

The Uttar Pradesh State Co-ordinator for the College Campus Program with Heartfulness, an educational and volunteer-based nonprofit organization that emphasizes meditation, relaxation, yoga, and spirituality.

Ms. Chaturvedi led a stress management workshop, emphasizing the importance of saying 'No' in challenging situations and its positive impact on our well-being, underscoring its essential role in both personal and professional development. She highlighted that the ability to say 'No' empowers individuals to prioritize their time, energy, and mental health, ultimately fostering greater fulfillment. Through engaging stories and practical strategies, Ms. Chaturvedi demonstrated that gracefully saying 'No' is not merely a skill but a vital practice for maintaining balance in our increasingly demanding lives. She encouraged attendees to view saying no as an act of self-respect and an opportunity to focus on what truly matters. Her insights provided valuable tools for building healthier relationships and boosting overall productivity, resonating with the reminder that saying 'No' can be just as crucial as saying yes on our journey toward personal growth.



Ms. Shubhra Chaturvedi

The Director of Trounce Education. She has appeared as a panelist on CNBC AWAZ five times and is a Certified Corporate and Soft Skills Trainer with over twelve years of experience in Communication and Personality Development Training. Ms. Chaturvedi assists students with their interview preparations and has previously visited the university as a speaker during the orientation program.



The session aimed to introduce students to the principles of power meditation and mental control. Participants learned various techniques to improve focus, alleviate stress, and develop mindfulness. Through guided exercises, students examined how meditation can positively affect emotional well-being and cognitive clarity. The session highlighted the significance of mental control in everyday life, helping individuals manage distractions and enhance decision-making. By deepening their understanding of these practices, students were encouraged to incorporate power meditation into their daily routines, ultimately boosting their academic performance and personal growth. This comprehensive approach sought to equip students with the tools needed for resilience and inner strength.

Mrs. Mishra engaged with her students through visual presentations, encouraging them to open up about their personal challenges and sources of stress. She highlighted the importance of effectively managing time, diet, and sleep. She also pointed out the need to lower excessive expectations to help ease pressure.

She guided the students through a series of basic physical drills aimed at boosting their mood and energizing their bodies. These simple exercises not only supported their physical health but also helped build a sense of camaraderie among them. Following the drills, she guided students in a focused five-minute meditation, helping them connect with themselves and experience the peace meditation offers. She promoted holistic well-being and encouraged students to adopt these practices for lasting benefits.

The students truly enjoyed the transformative nature of the meditation exercise.



**Second Session:
the art of saying 'NO'**

Ms. Shubhra began the session by picking up where she had left off in her previous interaction, radiating energy and enthusiasm. With her carefully prepared materials and insightful questions, she sparked interest among the 60 students, some of whom began to respond enthusiastically with answers and ideas when prompted.

The session gained momentum when Ms. Shubhra introduced imaginative stories, which allowed the students to demonstrate both their emotional and practical intelligence—an opportunity they embraced eagerly. She created various scenarios where individuals had to make quick decisions about whether to give in to pressures from peers, family, or the workplace, accepting work under unacceptable conditions, or to stand firm and refuse if the task didn't align with their values. One scenario posed the question: Would you go out with acquaintances when you had other, more pressing work to do?

A student shared their perspective, explaining that the inability to say 'No' can lead to regret and a diminished sense of self-esteem when unfinished work lingers. Another student offered an example of how agreeing to tasks one is unwilling to do can prevent the completion of more important responsibilities. A live demonstration of standing firm was provided by a student who, despite some persuasion from Ms. Shubhra, remained resolute in not answering a question with which they were uncomfortable.

As the dialogue progressed, each student shared their thoughts and personal experiences related to the concept of saying 'No'. The central theme of the session revolved around the art and importance of asserting boundaries. Throughout the session, diverse viewpoints were expressed, fostering a learning experience for both students and faculty at RPNLU, as well as for Ms. Shubhra, who graciously facilitated the discussion.

Conclusion

The workshop at Dr. Rajendra Prasad National Law University, Prayagraj, was an invaluable experience that provided students with crucial insights into personal development and resilience in their careers. Its thoughtfully designed format not only fostered intellectual discussions but also encouraged students to reflect on their own well-being and assertiveness as they moved toward becoming legal professionals. The impact of the event reached far beyond the two sessions, equipping students with tools to manage both their academic duties and personal challenges.



The sessions went beyond just being presentations; they served as catalysts for self-reflection and personal growth. Students actively engaged with the material, realizing the importance of integrating stress management techniques and assertiveness skills into their daily lives. This awareness led them to understand the need to balance academic pressures with mental well-being, providing them with a framework to tackle both current and future challenges.



The event achieved more than just sharing information. It provided students with the tools and mindset necessary for ongoing personal and professional success. The insights from the speakers, combined with the interactive nature of the sessions, created an environment for meaningful learning that extended well beyond the event itself. The lessons gained from this experience will continue to support and guide the students as they progress in their legal education and future endeavours.



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