

A Report on Faculty Development Programme

on

Stress Management

by

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on

07-10-2014

In the day to day life many health problems are caused due to stress. So it is time to understand how stress affects the health.

The Department of Commerce has taken an initiative to invite Dr.B.Radhika Reddy, Professor, Siddhartha Medical College, and Vijayawada as a Resource Person to train the faculty on how to relieve from the stress by managing themselves.

Dr.B.Radhika Reddy said that the stress is created by our unique perceptions in our life. One person's stress trigger may not register as stress to someone else. When people feel stress in some situations it increases the risk of burnout. So we must have little control on few choices.

Generally people feel stress in their jobs, relationships, and financial issues, and health problems, skills to cope up and due to their busy schedules. In these cases experience leads to stress. So when people feel stress immediately they have to consult doctor.

