



**NEW HORIZON  
COLLEGE OF ENGINEERING**

New Horizon Knowledge Park, Ring Road, Marathalli  
Autonomous College Permanently Affiliated to VTU, Approved by AICTE & UGC  
Accredited by NAAC with 'A' Grade, Accredited by NBA

**Quality Assurance and Skill Development Center**

**Training Report for ECE Dept**

**on**

**Stress Management**

**and**

**Emotional Intelligence**



**NEW HORIZON  
COLLEGE OF ENGINEERING**

**Quality Assurance and Skill Development Center**

**organizes**

**Soft Skills Training**

**On**

**Stress Management /Emotional Intelligence**

**Presented by**

**Dr. Glory Mercy C**

**HR Trainer ( QASDC)**



## Executive Summary

- ❖ This report gives an overview and insights of two hour training session on stress management and emotional intelligence conducted for ECE Department personnel on May 26<sup>th</sup>, 2023, led by HR Trainer Dr. Glory Mercy C. The training session aimed to enhance participants' understanding of stress, its impact on well-being and performance, and techniques for managing stress effectively. It also focused on developing emotional intelligence skills to better navigate challenging situations and improve interpersonal relationships. Here is a summary of the training session
- ❖ The ECE faculty gained confidence and learned new skills and methods that they can use to manage day-to-day tasks successfully

## Objectives

At the end of the session, the participants would be able to:

- ❖ Identify appropriate situations and techniques in Emotional Intelligence.
- ❖ Determine the proper circumstances and Emotional Intelligence methods.
- ❖ Assist the HR team in developing their self-awareness , stress and anger management skills.
- ❖ Be aware of the elements that influence how the HR team performance



## Methodology

The training program that focused solely on activity-based trainings for stress management and emotional intelligence can provide an immersive and experiential learning experience for participants. Here are some benefits and considerations related to activity-based trainings

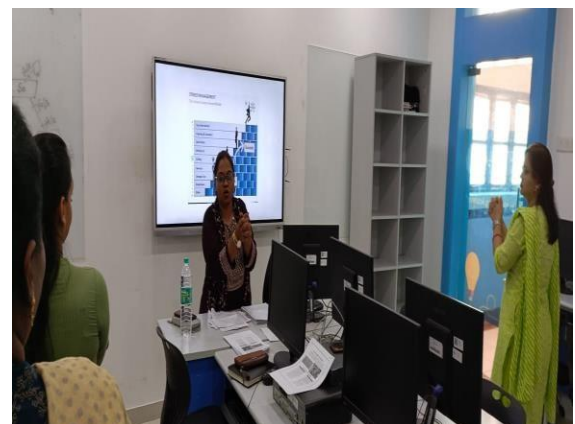
- ❖ Enhance social and relationship management, self-control, self-motivation, self-awareness, and self-regulation.
- ❖ Create and keep a positive frame of mind.
- ❖ Thought control: master your thoughts and reduce stress using quick and uncomplicated methods.
- ❖ Use the ultimate success formula for holistic wellness and conversation control to take command of the language and communication abilities.
- ❖ **At the conclusion of the Training program, the participants would be better prepared to:**
- ❖ Being more conscious of one's own abilities, motivations, and adopting new learning approaches and techniques that promote holistic wellness.
- ❖ Develop self-assured abilities to successfully manage day to day functions.
- ❖ Know how to manage all themselves and all tasks effectively.





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## Glimpses of the Training





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## 5 breathing techniques that can be beneficial for stress management

### Box/ Square Breathing.

## WHAT IS SQUARE BREATHING?



- Square breathing is also known as box breathing.
- It has been positively associated with everything from better sleep and improved heart health, to reduced anxiety and depression.
- It has four main parts: inhale, hold, exhale, hold.
- It is useful for helping people breathe deeper and better overall. It is also a powerful stress reliever and an excellent way to calm down a worried and anxiety-filled mind.
- Anyone can practice this exercise, from beginners to meditation and mindfulness practice, and many of Anahana's yoga instructors use it as well.

### 4-7-8 Breathing Technique

The 4-7-8 breathing technique involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds. People may find its assistance in managing anxiety. This technique helps slow down the breathing rate and induce relaxation. **Pranayama** /Also known as the “relaxing breath,” 4-7-8 has ancient roots in pranayama, which is the yogic practice of breath regulation, but was popularized by integrative medicine specialist Dr. Andrew Weil in 2015.

### Pursed lip breathing

### Diaphragmatic breathing

Diaphragmatic breathing, also known as belly breathing or deep breathing, is a technique that involves engaging the diaphragm, a large muscle located below the lungs, to facilitate deep and efficient breathing. It can be an effective tool for reducing stress, promoting relaxation, and increasing overall well-being

**STEP 1**  
Inhale through the nose to a count of four, lungs should be completely full of air.

**STEP 2**  
Hold the air in your lungs for a count of four.

**STEP 3**  
Exhale through the mouth to a count of four, all of the air should be out of the lungs.

**STEP 4**  
Hold the lungs in an empty state for a count of four.

**STEP 5**  
Repeat steps one through four for a total of at least 5 minutes. If ready, you can increase to a count of 8.

### Alternate nostril breathing

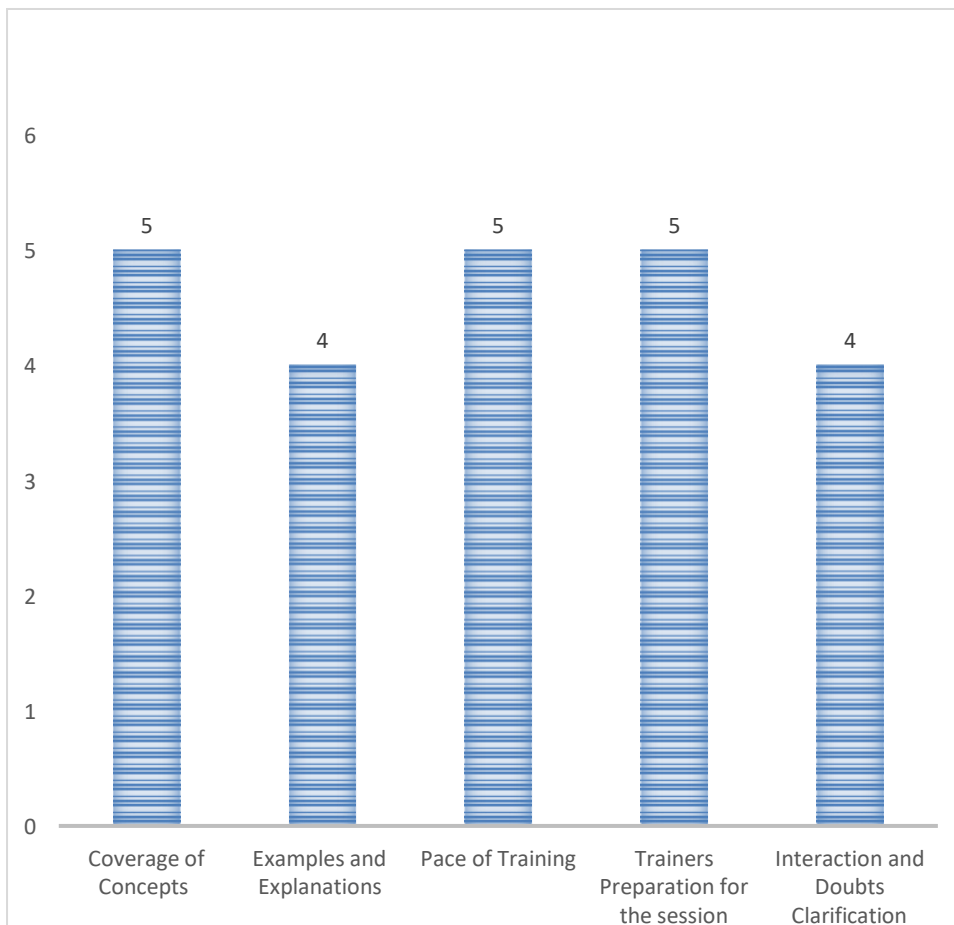


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## Feedback:

### Comments/ Suggestions

Excellent  
Thankyou  
Good Session  
Enjoyable session  
Nice session





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## Attendance:

NEW HORIZON COLLEGE OF ENGINEERING  
Quality Assurance and Skill Development Center  
Attendance Sheet  
Stress Management

Date:

Time:

Sl.No	Department	Name of the Staff	Mobile Number	Mail id	Signature
1	ECE	Kavita . A Pabil	9731605296	Kavitamalagatt@gmail.com	
2	ECE	Sabna Joy	9606826996	sabnamanyjoy@gmail.com	
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4	ECE	Rishi Sharma	9535895611	rhee.dvya@gmail.com	
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10.					

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## Attendance:

NEW HORIZON COLLEGE OF ENGINEERING  
Quality Assurance and Skill Development Center  
Attendance Sheet  
Stress Management

Date: 28/5/2023

Time: 3.30PM to 4.30PM

Sl.No	Department	Name of the Staff	Mobile Number	Mall id	Signature
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## **Conclusion**

The one-hour training session aimed to increase participants' trust in their ability to apply new knowledge of stress management and emotional intelligence

## **Recommendations**

To enhance their performance and receive more accolades and recognition, the management must facilitate more training sessions for all the ECE teaching Staff.