



**VIT**<sup>®</sup>  
Vellore Institute of Technology  
(Deemed to be University under section 3 of UGC Act, 1956)

# Academic Staff College(ASC)

In association with School of Information Technology and Engineering  
(SITE)



Cordially invites you to

Online FDP

Faculty Coordinators : Dr. Asha N

## Channel Your Stress Into Drive and Inspiration

Resource Person :



**Mr. Abdul Aleem**  
Senior Software Engineer,  
LabCorp,  
Bengaluru.



24 August 2022 (Wednesday)  
11:00 AM to 01:00 PM

### Discussion Points :

- ❖ 4 A's of Stress Management.
- ❖ How can mindfulness help us respond to stress?
- ❖ 'Fight or flight' The automatic stress response.
- ❖ Resourcing for resilience in daily life.
- ❖ Designing a Stress-Free Workflow Process.
- ❖ Channelizing Stress in to Inspiration..

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