



SANDIP
UNIVERSITY

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Event Report

Event Name: Event Report on National Stress Awareness Day at Sandip University, School of Law

Date of the Event: 6th November 2024

Duration of the Event: 11:00 PM to 03:00 P.M.

Venue: School of Law

Name of the Legal Aid Coordinators: & Dr. Sharvari Vaidy Dean (I/C) & Ms. Anuja Nehe Assistant Professor SOL.

Outline of the Programme:-

The School of Law at Sandip University observed National Stress Awareness Day on 6th November 2024, as a part of the ongoing efforts to promote mental well-being among students and faculty. National Stress Awareness Day, an annual event observed on the first Wednesday of November, has been raising awareness about the importance of stress management since its establishment in 1998. This day encourages individuals to recognize the impact of stress on both mental and physical health and to adopt practices that foster resilience and self-care.

The School of Law celebrated this occasion by organizing an event focused on stress management techniques and fostering a supportive community environment. The session began with an introduction to the significance of National Stress Awareness Day, followed by engaging activities designed to promote relaxation and stress relief. The primary activities included guided mindful meditation and laughter exercises, both of which are known to reduce stress, improve mood, and boost overall well-being.

Students and faculty members actively participated, embracing the therapeutic benefits of laughter and mindfulness. The meditation session allowed participants to focus on their breathing, clear their minds, and find a sense of calm. This was followed by laughter exercises, which brought joy and a renewed sense of community as participants released tension through shared moments of humor.

Through this event, the School of Law highlighted the importance of stress awareness and

provided practical techniques for managing stress in daily life. By fostering a culture of wellness, Sandip University continues to support the mental health and well-being of its students and staff, emphasizing the value of self-care and emotional resilience.

The National Stress Awareness Day event concluded with words of encouragement, inspiring participants to incorporate these stress-relief techniques into their regular routines. The School of Law remains committed to creating a positive and healthy learning environment for all, recognizing that mental well-being is essential for personal and academic growth.

Place: Nashik

Date: 6th Nov 2024

Photos of the Event



Faculties and Students Meditating

Faculties and Students Meditating



Laughing Exercise by Student and Faculties

Anuja

Event Co-ordinator

Anuja Nehe