



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Socially Economically Disadvantaged Groups (SEDGs)

EWS cell and Minority Communities Cell Together Organises a

One-Day Workshop on Stress Management

Resource person

Mr. L.D. Bhoopalan

Co-Founder, Munnetram Training and Consultancy

Coimbatore

Date: 1.3.2025

Venue: Academic Council Hall

Audience: Outgoing UG Students (III UG) of School of Home Science

Report

Workshop on Stress Management

Under SEDGs, EWS Cell and Minority Community Cell organised a one-day workshop on stress management on 1.3.2025 for the outgoing UG students (III UG) of the School of Home Science. Around 200 students participated in the workshop. Mr. L.D. Bhoopalan, Co-Founder, Munnetram Training and Consultancy, Coimbatore was the resource person for the event.

The workshop on stress management highlighted aspects of understanding the psychological effects of stress, teamwork, communication, and social dynamics. The sessions involved discussions, and interactive activities to give participants a practical understanding of these concepts.

Balloon Coordination Activity

As part of the workshop, a balloon coordination game was conducted with four teams. Each team had to keep their balloon floating in the air as long as possible. The team that managed to keep the balloon aloft for the longest duration was declared the winner. This activity emphasized teamwork, coordination, and focus, highlighting how working together effectively can help manage stress.



Social Interaction Experiment

Following the game, the instructor experimented on social interaction and emotional resilience. The participants were divided into two groups, and each group was given specific instructions:

1. Group Numbering System:

Within each group, members were alternately assigned numbers as 1 and 2. This system was used to distribute roles in the next part of the activity

Group 1 members (members assigned with no 1) were called aside and were given an instruction to "Avoid Group 2 members (members assigned with no 2) completely. If they try to talk to you, act as if they don't exist. React as if they are not there." This created an experience where Group 2 members faced social exclusion, while Group 1 members had to actively ignore others, which can be a stressful and uncomfortable task.

In the next step, two members from Group 2 were asked to remain in place while the instructor gave them the task. They were instructed like "talk to the other group members no matter how they respond. Don't worry about their reactions; just keep talking to them." This



tested their ability to handle being ignored or not receiving expected responses while maintaining confidence.

Key Learnings and Importance of the Activity

This experiment demonstrated key psychological effects related to stress and emotional resilience.

Handling Ignorance & Rejection: The Group 2 members experienced what it feels like to be ignored, which can be a significant source of stress. However, they were encouraged to maintain confidence and continue speaking regardless of the reactions, teaching them to remain unaffected by negative social cues.

The Psychological Impact of Avoidance: The Group 1 members learned how it feels to deliberately ignore someone. This exercise showed how social exclusion affects both parties—those being ignored and those who are ignoring—creating an awareness of emotional intelligence in social situations.

Real-Life Application: In professional and personal life, we often face situations where we are ignored or must interact with difficult individuals. This activity helped participants understand how to manage their emotions in such scenarios and respond with resilience instead of stress.

Conclusion

The workshop effectively combined theory with practice, allowing participants to experience real-world stress scenarios in a controlled environment. The balloon game reinforced teamwork and coordination, while the social interaction experiment highlighted the emotional effects of exclusion, communication, and confidence. By engaging in these activities, participants gained valuable insights into managing stress, handling rejection, and improving emotional intelligence in everyday life.