



## **S.N.M COLLEGE MALIANKARA** (Affiliated to Mahatma Gandhi University, Kottayam)

- 1. Title of the program : Invited Talk on Time and Stress Management**
- 2. Name of the Coordinator/s : Sreejamol P.R.**
- 3. Organizing Department/Cell : SCHOLAR SUPPORT PROGRAMME**  
(Kerala Govt.)
- 4. Date : 19/01/2019**
- 5. Number of participants: 13**
- 6. Venue: Seminar Hall, SNM College, Maliankara**
- 7. Resource Person/s : Jossy Varkey**
- 8. Objective of the Program :**

The objective of the external mentoring session conducted by Jossy Varkey on January 19, 2019, from 9:30 AM to 4:30 PM, was to equip participants with valuable skills in time and stress management, as well as fostering creative thinking. The event aimed to provide attendees with practical strategies to effectively manage their time and alleviate stress, enabling them to enhance productivity and maintain overall well-being. Additionally, the session aimed to cultivate participants' creative thinking abilities, empowering them to approach challenges and opportunities with innovative and resourceful perspectives.

### **Detailed description of the event:**

The external mentoring session led by Jossy Varkey on January 19, 2019, from 9:30 AM to 4:30 PM, focused on two vital themes: time and stress management, as well as fostering creative thinking. The event was designed to equip participants with practical skills to navigate the demands of their lives more effectively, both professionally and personally.

The day began with an engaging introduction, setting the tone for the topics to be covered. Jossy Varkey, a seasoned expert in personal development, kicked off the session by addressing the significance of effective time and stress management in today's fast-paced world. Participants were encouraged to share their own experiences and challenges, fostering an environment of open communication and camaraderie.

The first segment, centered around time and stress management, delved into strategies for optimizing productivity while maintaining a healthy work-life balance. Jossy Varkey shared insights on prioritization, goal setting, and efficient task allocation. Practical techniques, such as the Pomodoro technique and mindful breaks, were introduced to help participants make the most of their time and reduce stress levels. Group discussions and case studies facilitated an exchange of real-world scenarios, enabling attendees to apply the concepts to their unique situations.

After a refreshing break, the focus shifted to fostering creative thinking. Jossy Varkey

emphasized the importance of creative problem-solving and thinking outside the box in various contexts, from work challenges to personal projects. Interactive activities, brainstorming sessions, and lateral thinking exercises were employed to stimulate participants' creativity and encourage innovative approaches to overcoming obstacles. The event aimed to dispel common misconceptions about creativity and guide participants in unlocking their creative potential.

Throughout the session, Jossy Varkey's dynamic teaching style and approachability encouraged active participation. Participants were not only listeners but active contributors to discussions and activities, enhancing the overall learning experience. The interactive nature of the event fostered a sense of community, as attendees shared their insights and learned from each other's perspectives.

#### **Outcome of the event/Evaluation by Program Coordinator:**

As the day drew to a close, participants left with a comprehensive toolkit for better time and stress management, as well as an enriched perspective on creative thinking. They gained practical skills that could be immediately applied to their daily lives, contributing to increased efficiency, reduced stress, and more innovative problem-solving approaches. The external mentoring session proved to be not only informative but also inspiring, leaving participants equipped to face their challenges with renewed vigor and a fresh outlook.

