

## Vice Chancellor Delivers Talk on Stress Management at Khangchendzonga State University

Khangchendzonga State University, Sikkim, organized a Special Talk Series where Vice Chancellor Professor (Dr.) Ashish Sharma spoke on “Understanding Stress: The Brain, the Body, and Coping.” The session was attended by university officials, faculty, staff, and students. Professor Sharma explained the science of stress, distinguishing between positive stress (eustress), which motivates, and negative stress (distress), which hampers health and productivity. He shared coping strategies such as time management, prioritization, healthy habits, and professional guidance, and also conducted relaxation exercises including Bhramari Pranayama and deep breathing. Students and faculty actively engaged in the interactive session, appreciating the focus on mental well-being. A student remarked that the Vice Chancellor’s concern for students’ mental health makes KSU unique. The program is part of KSU’s new initiative to dedicate the 1st and 3rd Saturdays to lectures and discussions beyond the regular academic syllabus, aimed at broadening learning and personal growth. The event was conducted by Dr. Reena Rai, with a vote of thanks from Dr. Suchan Pradhan.

