

**D.K.M COLLEGE FOR WOMEN(AUTONOMOUS), VELLORE-1**



## **DEPARTMENT OF PSYCHOLOGY**



## **INTERNATIONAL STRESS AWARENESS DAY**

**OUTREACH PROGRAM**

**ON**

**CREATING AWARENESS**

**ABOUT**

**OCCUPATIONAL STRESS AND MANAGEMENT OF  
WORK LIFE BALANCE**



**01.11.2023**



**D.K.M COLLEGE FOR WOMEN[AUTONOMOUS], VELLORE-1**

**DEPARTMENT OF PSYCHOLOGY**

**AN OUTREACH PROGRAM**



**To create occupational stress among the service sector at Vellore**

**INTERNATIONAL STRESS AWARENESS DAY**

**Theme 2023: 'Beyond Stress Management: From Stigma to Solutions'**

**Program Objective:**

The aim of this outreach program is to create awareness on occupation stress and the importance of balancing work and life to the employees of textiles, hotels and drivers.

<b>Date</b>	<b>: 01.11.2023</b>
<b>Time</b>	<b>: 10.00 a.m to 4.00 p.m</b>
<b>Place of Outreach program</b>	<b>: Hotels, textiles and drivers of Vellore</b>
<b>Title</b>	<b>: <i>Occupational stress and importance of work life balance</i></b>

**Report:**

The students of II B.Sc Psychology have taken an initiative to create stress awareness among the service sector located at Vellore. They have approached various hotels, textiles from old bus stand till Katpadi on 01.11.2023 in view to observe International Stress Awareness Day. The theme of this ISAW 2023 is “Beyond Stress Management: From Stigma to Solutions”. Students have been trained to provide awareness on occupational stress and the strategies to maintain work life balance to all the employees. Our students conducted this only in the hotels and textiles who approved to conduct this outreach program. At the end of the outreach program, our students and the department initiative were greatly appreciated by the employees of the hotels and textiles. Also, one team had chosen to approach the drivers of various government and private bus drives at new bus stand and shared about stress and ways to manage stress in their profession. We have also got a questionnaire collected from few samples under each sector to use for reach in future.



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**SERVICE SECTORS APPROVED TO CONDUCT THE STRESS AWARENESS PROGRAM**

S.No	Type of Service Sector	Name of the Students & Class	Name of the Place
1.	HOTEL	<b>II B.Sc Psychology</b> Ms.Aafiya Farheen Ms.Sara Tabassum.A.W Ms.Syed Ali Fathima.A Ms.Sujitha.N	Divine café (Old bus stand) Vellore kitchen (Green circle) Thambi biryani (Katpadi) Alankar (New Bus stand)
2.	TEXTILE	<b>II B.Sc Psychology</b> Ms.Madhumitha.A Ms.Hemalatha.M Ms.Hajeera banu Ms.Shalini.M.S Ms.Tharani.M	Saravanan store (Vellore old bus stand) Trends (Voorhees college opposite)
3.	TRANSPORT	<b>II B.Sc Psychology</b> Ms.Priyadharshini.R Ms.Karthika.S Ms.Jeeva.B Ms.Safiya.S	Drivers of government and private buses at New bus stand, Vellore

## PHOTOGRAPHS

### OCCUPATIONAL STRESS AWARENESS AT HOTELS

Ms.Aafiya Farheen,Ms.Sara Tabassum.A.W,Ms.Sujitha.N and Ms.Syed Ali Fathima had chosen hotels at Vellore from old bus stand till Katpadi. They have approached all the hotels and sought permission but only few hotels have allowed to talk with the employees and the chefs of the hotel.

The following are the hotels which permitted the students to conduct this outreach program and get their questionnaire on occupational stress to be filled on 01.11.2023.



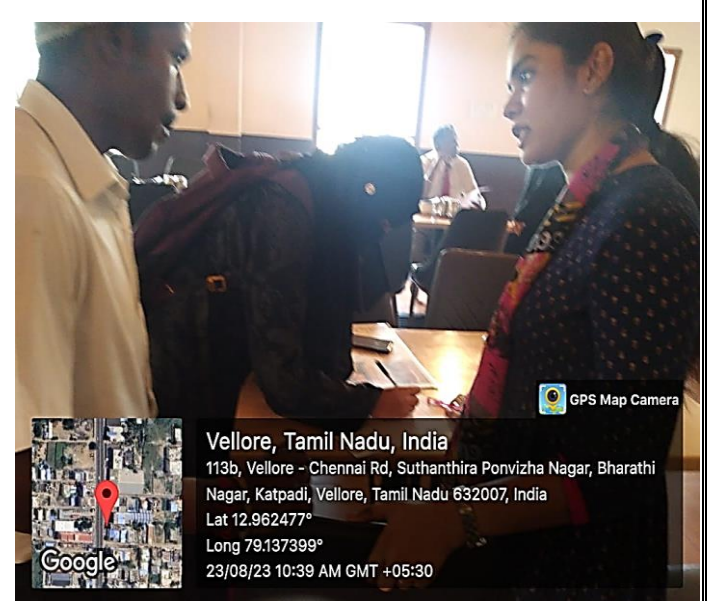
**At the end of the awareness section, a picture was clicked with the employees of DIVINE CAFÉ,OLD BUS STAND on 01.11.2023**



**At the end of the awareness section, a picture was clicked with the employees of VELLORE KITCHEN, GREEN CIRCLE on 01.11.2023**



**At the end of the awareness section, a picture was clicked with the employees of ALANKAR, NEW BUS STAND on 01.11.2023**



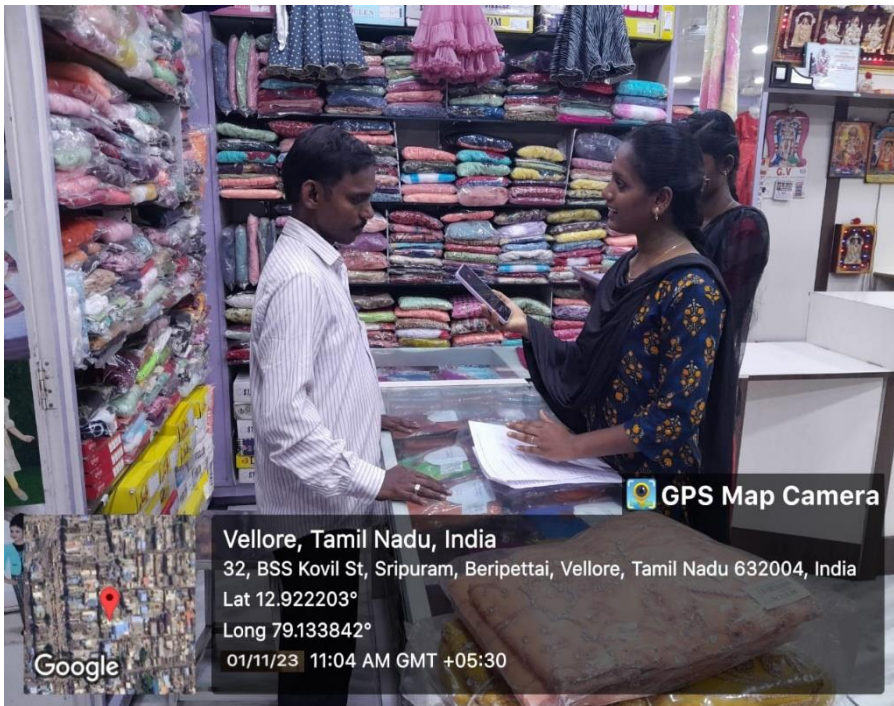
**At the end of the awareness section, a picture was clicked with the employees of THAMBI BRIYANI**



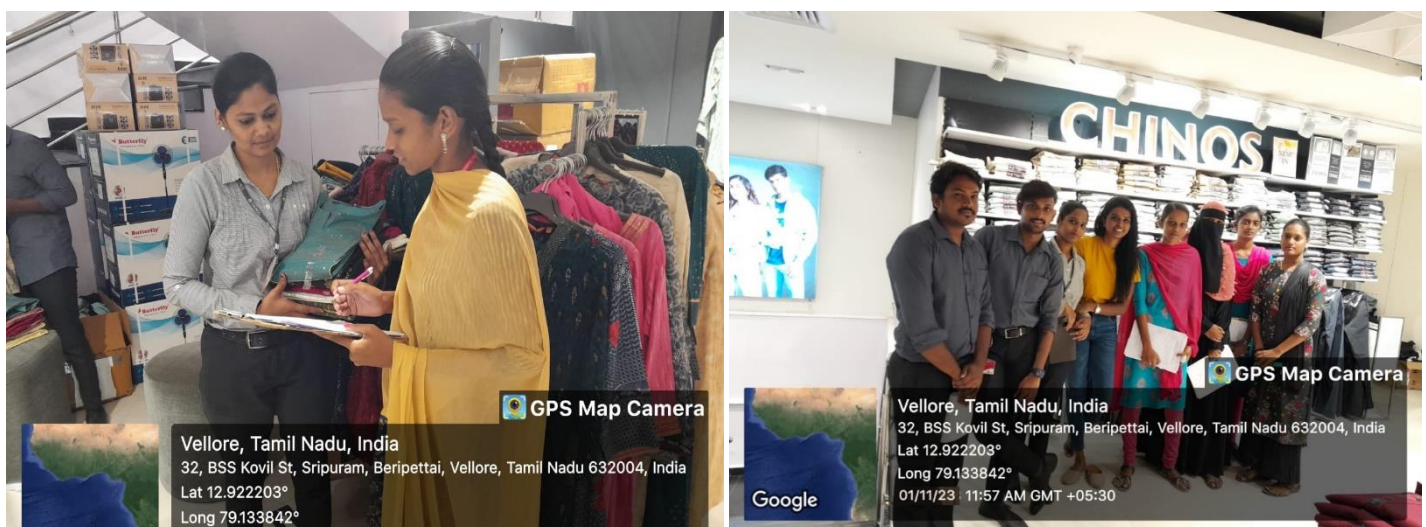
## OCCUPATIONAL STRESS AWARENESS AT HOTELS

Ms.Madhumitha.A,Ms.Hajeera Banu, Ms.Hemalatha.M, Ms.Shalini.M.S and Ms,Tharani.M had chosen textiles at Vellore around old bus stand till Muslim round turn. They have approached all the textiles and sought permission but only couple of textiles have allowed to talk with the employees.

The following are the textiles which permitted the students to conduct this outreach program and get their questionnaire on occupational stress to be filled on 01.11.2023.



A picture was clicked with the employee of SARAVANAN STORES (Old bus stand) during the occupational stress awareness on 01.11.2023



At the end of the awareness section, a picture was clicked with the HR and employees of TRENDS (Near Voorhees College) on 01.11.2023

## OCCUPATIONAL STRESS AWARENESS TO DRIVERS

Ms. Priyadhrashini.R, Ms. Karthika.S, Ms. Jeeva.B and Ms. Safiya.S had chosen to speak with drivers regarding the occupational stress and coping techniques. They have taken an initiative to approach as much as drivers and conductor are approachable at Vellore New bus stand.

The following are the photographs of the outreach program conducted with drivers and get their questionnaire on occupational stress to be filled on 01.11.2023.



**Our students are providing stress awareness to a resting driver during the outreach program on 01.11.2023**



**Our students are collecting details regarding their stress level with a driver during the outreach program on 01.11.2023**