VOLUME-4 ISSUE-4

OCTOBER 2025

"Turn stress

into strength."

THIS
NEWSLETTER IS
BROUGHT
TO YOU
BY

**TEAM LIBRARY** 

# STRESS MANAGEMENT IN ACADEMICS









LIBRARIES ARE KNOWN AS GATEWAYS TO KNOWLEDGE.

THIS NEWSLETTER AIMS TO COMMUNICATE
INFORMATION OF VARIOUS FIELDS AT ONE PLACE
WHICH WILL HELP TO IMPROVE THE KNOWLEDGE OF
THE USERS.



#### Dear Reader,

A step ahead in Knowledge Sharing. The NMIMS Library remains committed to serving the diverse needs of its users by providing exceptional information services and a rich collection of literature. We are pleased to present **Volume 4**, **Issue 4** of our Library Newsletter, **Knowledge Trendsetters**.

This quarter's theme is "Stress Management in Academics," a timely and essential topic for students, faculty, and non-teaching staff. This issue offers a comprehensive guide to understanding and managing academic stress, highlights key components of effective stress management, and presents practical strategies to help students academically and professionally thrive. In addition, you'll find:

Answers to frequently asked questions about the library, a step-by-step tutorial on using one of our key academic databases, and much more exciting news and updates.

We hope this edition supports your well-being and enhances your academic journey.

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Stress is the body's reaction to any situation that requires a change or response. Stress can come from your environment, inside your body, and from your thoughts. Stress is a normal part of every life. Stress can be positive or negative.

Stress is a psychological and physiological response to perceived challenges or threats, characterized by mental or emotional strain from adverse or demanding circumstances.

Stress is a feeling of emotional or physical tension.

It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline

Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure.

Stress is an imbalance between demand and the ability to meet those demands in the allotted time frame.

Stress is the reaction of the body and mind to challenges and demands every day. It's a normal part of life. Stress occurs in everyone.



Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.





If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health. A little stress can help boost your immune system, as long as you focus on its positive side effects such as motivation and energization.













# Types of STRESS

## ACUTE Stress

Reaction to a one-time trigger, can play up suddenly which happens during daily life activities. Symptoms are anxiety, being startled and irritability.

# CHRONIC Stress

Reaction to an ongoing trigger, which can't easily be escaped like a stressful job or a bad relationship. Symptoms can include depression and weight gain.

# EPISODIC Stress



Reaction felt by people that feel intense stress due to stimuli that others might not feel, for example crowded spaces. Symptoms include panic attacks & tension.

# POSITIVE Stress

Reaction felt by people when they are excited but nervous, like performing on stage or playing intense sports. Symptoms include adrenaline and excitement.

## WHAT IS A STRESSOR?

A Stressor is anything that causes stress. Stressors include people, objects, places, events and situations.

#### Individual Factors

- Family issues
- · Financial issues
- Individual personality

## Organizational Factors

- Task and role demands
- Interpersonal demands
- Organizational structure
- Leadership
- Organizational life stage

#### **Environmental Factors**

- Economic environment
- Political environment
- Technology

## SYMPTOMS OF STRESS

#### **Physical**

- · Headaches & muscle pain
- Frequent illness
- Acidity issues

Tiredness

- Trouble sleeping
- · Changes in appetite

#### Emotional

- Sense of failure & selfdoubt
- · Loss of motivation
- Negative outlook
- Decreased satisfaction

#### **Behavioral**

- Withdrawn from responsibilities
- Increased isolation
- · Use of drugs/alcohol
- Absenteeism

#### **General Adaptation Syndrome**

# Do you know who he father of stress management is?



Hans Selye (1907-1982)

# 1







#### **Alarm Reaction**

The initial response to a stressor that typically involves the secretion of epinephrine, norepinephrine, and cortisol among other hormones.

#### Resistance Development

The body's attempt to repair itself following cessation of the stressor, or the continued rise of hormones in response to threat persistence.

#### **Recovery and Exhaustion**

If the threat subsides, the body will begin repairing and adapting to the prior stressors. If the threat does not subside, the body will reach exhaustion when it can no longer continue managing the stressor and is unable to return to normal functioning.













**Bridge Pose** 

Legs-Up-the-Wall Pose

Corpse Pose

# Stress Management Skills

Stress can negatively affect every aspect of our lives — from work performance to personal relationships. Developing healthy strategies to manage stress is essential for maintaining overall wellbeing. Below are some effective practices you can incorporate into your daily routine:

#### 1. Take Regular Breaks

Schedule time for yourself each day, even if it is just a few minutes. Short breaks help restore focus and energy.

#### 2. Eliminate Distractions

Improve productivity by concentrating on one task at a time rather than multitasking.

#### 3. Stay Organized

Child's Pose

Cat-Cow Pose

Create a structured plan or checklist to manage responsibilities and reduce feelings of being overwhelmed.

#### 4. Engage in Regular Exercise

Physical activity is a natural stress reliever that helps release tension and improve mood.

#### 5. Prioritize Nutrition and Sleep

A balanced diet and sufficient rest are vital for maintaining resilience against stress.

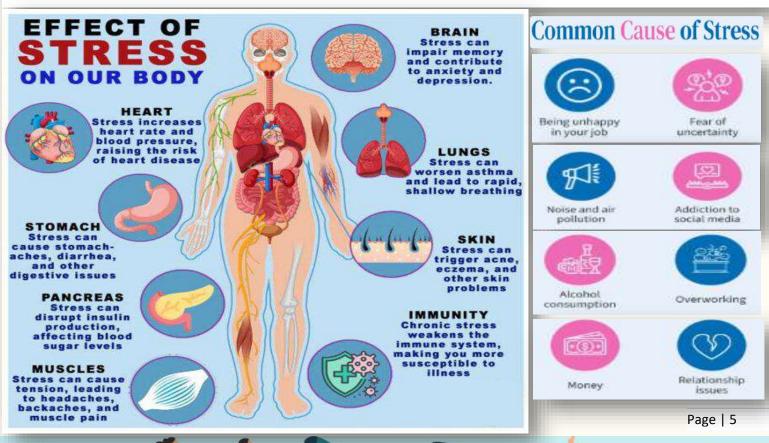
#### 6. Pursue Relaxing Activities

Dedicate time to hobbies or activities that you genuinely enjoy.

#### 7. Maintain Social Connections

Reach out to family, friends, or colleagues for support. Strong relationships play a crucial role in safeguarding mental health.

By adopting these practices, we can cultivate healthier coping mechanisms, enhance productivity, and promote emotional balance in our daily lives.



Standing Forward Bend

**Bridge Pose** 

Legs-Up-the-Wall Pose

#### ACADEMIC STRESS MANAGEMENT FOR STUDENTS

Student life is an exciting journey, but it also comes with challenges that can cause stress. Some of the most common stressors include:



# ACADEMIC PRESSURE

Exams, deadlines, grades



#### SOCIAL RELATIONSHIPS

Peer pressure & conflicts



# PERFORMANCE PRESSURE

Fear of failure & comparison



#### TIME MANAGEMENT

Classes, assignments, activities



#### CAREER UNCERTAINTY

Jobs, internships, future plans



#### HOMESICKNESS & ADJUSTMENT

Adjusting to new surroundings



## TECHNOLOGY & DISTRACTIONS

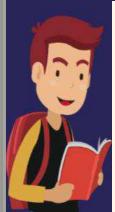
Social media & gaming



## EMOTIONAL WELLBEING

Anxiety, loneliness, stress

RECOGNIZING STRESS IS THE FIRST STEP TO MANAGING IT EFFECTIVELY.



## 6 STRESS MANAGEMENT TECHNIQUES FOR STUDENTS

**Get More Sleep:** Operating in a sleep-deprived state puts you at a disadvantage. Lack of rest reduces productivity and learning ability. Aim for **7–8 hours of sleep each night** and take short power naps when needed.

**Get Organised:** A clutter-free, minimalist study space reduces distractions and stress. Being organised saves time, prevents frustration, and helps maintain positive relationships in the classroom.

Use Guided Imagery: Guided imagery and visualization techniques can calm your mind and reduce stress. By mentally picturing a peaceful scene, you can switch off your body's stress response and feel more relaxed.

**Exercise:** Regular exercise lowers stress hormones like adrenaline and cortisol while increasing endorphins—the body's natural mood boosters. Even short daily workouts can improve focus and emotional balance.

Healthy Diet: Good nutrition plays a key role in managing stress. A healthy diet prevents mood swings, fatigue, high blood pressure, and other stress-related issues. Balanced meals fuel both your body and mind.

Self-Hypnosis: Self-hypnosis helps release tension and stress while boosting focus. By planting positive thoughts in your subconscious, you can use them as a stress management tool and a productivity enhancer.



I believe in myself.

I love my uniqueness!

I am learning each day.

I can choose to be happy no matter what!

doing my best!

I can do hard things.

Everything will work out.

My voice matters.

Good things are

unstoppable!

I don't give up

I am enough Today is going to be amazing!

I am loved!

Step 1

Start your day with meditation and workout.

Step 2

Maintain a Journal and write an affirmation.

#### Tips For Teenagers



Step 3

Stop overthinking, being jealousy about others and comparisons. Step 4

Cut down social media usage.

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**Bridge Pose** 

Legs-Up-the-Wall Pose

# Stress Management for Teachers

Teaching is one of the most rewarding professions, but it also comes with significant challenges and stressors. Teachers face immense pressure from parents, students, administrators, and the public to continually improve student outcomes. It's no surprise that burnout has become a common concern in the teaching profession.

From classroom management and lesson planning to meeting academic standards and addressing the diverse needs of students, educators often find themselves balancing multiple responsibilities at once. This constant juggling act can lead to physical, mental, and emotional exhaustion.

Teacher burnout not only impacts educators' well-being but also affects the quality of education delivered to students. Recognizing the stressors teachers face is the first step toward developing strategies that promote healthier, more sustainable teaching practices.

## Causes of Stress for Teachers

Teaching is a rewarding profession, but educators at all levels—schools, colleges, and universities—experience stress due to various factors

- 1. Work Environment Related Stress
- 2. Stress Originating from Colleagues/Peers
- 3. Stress Originating from Administration
- 4. Stress Originating from Personal Life
- 5 Stress Originating from Parents/Stakeholders
- 6 Stress Originating from the Profession Itself
- 7 Stress Originating from Students



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# **SIGNS OF SITUATIONAL STRESS**



Difficulty retaining information or concentrating on tasks.



Physical symptoms such as headaches, stomach aches, and muscle tension.



Feeling tired or exhausted.



Difficulty sleeping, including insomnia or interrupted broken sleep.



Sudden changes in mood or becoming irritable and short-tempered.



Substance abuse like drugs or alcohol to cope with situational stress.



Withdrawing from social situations or meeting with people.



A decrease in productivity or motivation.



Becoming more sensitive to criticism, or rejection.



A feeling of incapability to cope with the current stressful situation.

## STRESS MANAGEMENT STRATEGIES FOR TEACHERS

- 1. Time Management Master the art of prioritizing tasks.
- 2. Self-Care Nurture both your physical and mental health.
- 3. Classroom Management Set the stage for a productive and positive environment.
- 4. Support System Remember, you don't have to go it alone.
- 5. Organization Build a strong foundation for a stress-free classroom.
- 6. Work-Life Balance Learn to unplug and recharge.
- 7. Professional Development Invest in continuous growth and learning.
- 8. Stress Reduction Techniques Use tools like deep breathing, journaling, or meditation.
- 9. Flexibility Adapt to change with a positive mindset.
- 10. Time for Reflection Regularly evaluate and refine your practices.
- 11. Positive Relationships Foster rapport with students, colleagues, and parents.
- 12. Mindfulness Stay grounded by focusing on the present moment.
- 13. Gratitude Practice thankfulness daily to build resilience.















## **Stress Management for Non-Teaching Staff**

Non-teaching staff play a vital role in the smooth functioning of educational institutions. Their responsibilities often involve administrative tasks, student support, technical assistance, and facility management, which can be stressful. Effective stress management is essential for maintaining productivity, job satisfaction, and overall well-being.

#### **Common Stressors:**

- Heavy workload and tight deadlines
- Lack of recognition for contributions
- Communication gaps with faculty or administration
- > Dealing with student or staff queries under pressure
- Balancing personal and professional responsibilities

# STRESS MANAGEMENT STRATEGIES



#### Time Management

Plan and prioritize tasks to avoid last-minute pressure.



#### Work-Life Balance

Set clear boundaries between office and personal life.



#### **Positive Relationships**

Build supportive and encouraging connections with colleagues



#### Self-Care

Ensure adequate rest, proper nutrition, and regular physical activity



#### Mindfulness & Relaxation

Practice breathing exercises, meditation, or take short breaks during work



#### Seek Support

Share concerns with supervisors or colleagues instead of bottling them up



#### Continuous Learning

Keep upgrading your skills to handle new responsibilities confidently















## STRESS MANAGEMENT TIPS FROM OUR COMMUNITY

Stress is an inevitable part of academic life, whether for students, faculty, or staff. While some stress can motivate performance, unmanaged stress harms health, relationships, and learning. The key lies in recognizing stress early, and my tips for adopting strategies that promote balance and resilience are as follows: 1. Recognizing Stress Early: Awareness is the first step; symptoms like irritability, procrastination, or poor sleep signal the need for timely intervention. 2. Building Healthy Routines: Regular sleep, exercise, and balanced meals stabilize both body and mind during demanding academic schedules. 3. Effective Time Management: Using tools such as the Pomodoro technique, which was developed by Francesco Cirillo in the late 1980s and involves breaking work into 25-minute intervals called "pomodoros" followed by a short break of about 5 minutes, can help improve focus, reduce procrastination, and increase overall productivity. Additionally, digital planners can reduce last-minute panic and foster productivity. 4. Mindfulness and Relaxation: Practices such as deep breathing, meditation, and gratitude journaling calm the mind and enhance focus. 5. Seeking Social Support: Talking to friends, mentors, or counselors lightens burdens and builds stronger coping networks. 6. Positive Mindset and Self-Compassion: Replacing harsh self-criticism with kindness builds resilience and turns setbacks into growth opportunities. 7. Work-Life Integration: Engaging in hobbies, sports, or cultural activities ensures balance and prevents burnout. 8. Leveraging Institutional Resources: Universities offer counseling, wellness workshops, and mentoring programs that support mental well-being. 9. Small Daily Habits: Simple acts like staying hydrated, organizing study spaces, or taking screen breaks reduce accumulated stress. 10. Inspiration for Community: A culture of empathy and support helps the entire university community thrive together. In conclusion, while stress cannot be eliminated, it can be managed; by embracing healthy routines, supportive networks, and mindful practices, one can make academic life not only productive but also fulfilling.

Dr. Debasis Dash (Faculty MPSTME, Mumbai)

Managing Stress Through Mindful Practices. Overthinking often leads to stress, and while deep breathing is a commonly recommended relaxation technique, it does not always silence the stream of racing thoughts. One effective way to manage this is to gently divert the mind by engaging it in a simple task. For instance, counting numbers in reverse order can be surprisingly helpful. Instead of starting from 10, I often choose a random number and count backward, which keeps my mind occupied and away from negative or stressful thoughts. In my daily routine, I practice stress management through a blend of meditation, breathing techniques, and physical activity. Each morning, I dedicate at least 10 minutes to meditation and another 10 minutes to pranayama. Physical exercises, such as running or Surya namaskar, also play an indirect but significant role in maintaining emotional balance. During the day, whenever possible, I listen to alpha state vibrations, which help calm the mind and maintain focus. Before going to bed, I make it a habit to reflect on all the positive experiences of the day and express gratitude for them. I also follow the Heartfulness meditation practice, which includes meditation, cleaning, and prayer for universal well-being. Together, these practices not only help me manage stress effectively but also nurture a sense of inner peace, positivity, and balance in daily life.

Dr. Madhura Vyawahare, (Faculty Navi Mumbai)

To manage my short-term stress, I take short breaks from my academic routine and engage in simple chores or tasks. Completing these small, achievable goals gives me a sense of accomplishment and helps me recharge. I have found that activities which require minimal cognitive effort, such as organizing, light cleaning, or taking a walk, are more relaxing than passive activities like watching TV, which still demands mental energy. When we are stressed, the mind often remains overactive and doesn't truly relax. Engaging in simple, low-effort chores helps shift our focus, calm the mind, and provide a sense of control. Studies have shown that such non-cognitive tasks can effectively promote mental relaxation, which aligns with my personal experience. It's a small strategy, but it helps me reset and get back to work with a clearer hea<u>d</u>.

Dr. Amani Kanuaolu. (Facultv Navi Mumbai)

I practice deep belly breathing for five counts after lectures; it helps me in alleviating the stress load from lengthy discussions. Maintaining a small frequency also helps me to manage consistency and time effectively.

Dr. Bhaqyashree Narayan, (Faculty Navi Mumbai)













I practice yoga and meditation regularly. The most important exercise I do every day is that before going to bed, mentally I repeat the following: " I forgive all those who have hurt me knowingly or unknowingly, intentionally or unintentionally. I seek pardon from those whom I may have hurt knowingly or unknowingly, intentionally or unintentionally." I feel relaxed after repeating these affirmations a few times.

Toral Shah, (Faculty Navi Mumbai)

Nowadays, stress or anxiety is common among all age groups. Everyone has their own way to deal with it. Stress is something we all experience—whether it's deadlines at work, family responsibilities, or just the rush of daily life. While we can't avoid stress completely, we can learn how to handle it in healthier ways. With a few simple routines and practices, you can calm your mind, recharge your body, and feel more in control. We can adopt a few practices like: we must sleep well, we can go for a walk, listen to music, eat healthy food, talk to someone you trust (whether it's a friend, family member, or colleague—can instantly lighten your mental load. Sharing how you feel is not a weakness, it's a strength.), and exercise. By adding these small practices into your daily routine, you'll build resilience and feel more balanced. Remember—managing stress is about progress, not perfection. Start small, be kind to yourself, and keep going.

Neha Balodi, (Staff Chandigarh campus)

Working in an academic environment can sometimes feel demanding, with multiple tasks and deadlines coming up every day. Over time, I've realized that the best way to stay stress-free is to create a healthy balance between professional responsibilities and personal well-being. For me, exercise is at the core of managing stress. I ensure that I spend a minimum of one hour each day on physical exercise, which maintains my energy levels and keeps my mind clear. Combined with this, I ensure to spend quality time with my children and family. These experiences not only give me joy but also remind me to take the time to appreciate life beyond work. I also resort to simple pleasures such as listening to music, watching movies, and reading books. Music completely lifts my spirits, movies provide me with a welcome break, and reading leads me to new worlds of thought. These little habits keep me down to earth and refreshed after a hectic day. Stress is inescapable, I believe, but it is how we handle it that determines our happiness. By marrying physical health, time with the family, and leisure activities, I have discovered a balance that keeps me grounded, upbeat, and prepared to face new challenges—both on the job and in life.

Sandeep Surve, (Staff MPSTME, Mumbai)

In my opinion, whether stress is academic or non-academic, there are always certain tools that can help to manage it. Based on my own experience, I have successfully applied a few powerful and effective tools in the workplace to manage stress, i.e., Ignore, Kindness, The Mantra of Engagement, and Positive Thinking. The other important factors to reduce stress are: Meditation, Deep Breathing, and Relaxation.

Kiran Kashyap, (Staff Chandigarh Campus)

College life is often a whirlwind of deadlines, exams, social pressures, and future uncertainties. Managing stress is a daily challenge for many students in higher education institutions. While traditional methods like exercise or meditation are well-known stress relievers, one powerful yet often overlooked tool is music, specifically, playing the piano. The piano playing emerges not just as a musical pursuit but as a potent stress buster. It nurtures emotional health, cognitive function, and social well-being, creating a harmonious balance for students striving to excel both academically and personally. For students seeking a soothing yet stimulating escape, the piano might just be the perfect key to unlock calmness and creativity amid the chaos.

Meghana Koli, (Staff SBM, Mumbai)

1) Regular exercise, whether it's a brisk walk or light yoga, refreshes both my body and mind. 2) By staying connected to my spiritual practices, which give me inner peace and strength. 3) I also plan my work in advance and set priorities, so I know what needs attention first. | Sneha Patankar. (Staff Navi Mumbai)

Doing team sports and fitness activities (Yoga) relieves stress a lot. Planning and revising help to a great extent.

Pratiksha R. Sawant, (Staff MPSTME, Mumbai)













# STRESS MANAGEMENT IN ACADEMICS

"As a B. Tech IT student, academics can sometimes feel overwhelming, but I've discovered a few practices that keep me balanced and positive: Time management: I break big tasks into smaller goals, which keeps me focused and reduces last-minute panic. Short breaks: Even a quick walk, stretch, or stepping away from the screen helps me reset my mind. Physical activity: A regular workout or just a game with friends instantly lifts my mood and energy. Mindfulness & hobbies: Music, deep breathing, or engaging in hobbies help me recharge creatively. Peer support: Sharing challenges with friends lightens the load and reminds me I'm not alone. These routines not only manage stress but also help me enjoy the learning journey with more clarity and calm."

Juee Jamsandekar, (Student MPSTME, Mumbai)

Hello all, here are a few tips from a simple student on how I manage stress, inspired by the philosophy of Jeevan Vidya. A Student's Guide to Stress Management. Stress is a common part of academic life, but I've learned that having a clear routine and mindset can make a huge difference. For me, it's about following a few key principles from the Jeevan Vidya philosophy. 1) Study for knowledge, not marks. I've learned to be knowledge-oriented, not marks-oriented. When I focus on truly understanding the material, studying becomes more enjoyable and less of a chore. This has also helped me overcome exam fear because I'm ready to answer any question based on my understanding, rather than just memorizing facts. 2) Embrace effort over luck. Jeevan Vidya teaches that "You are the Architect of Your Destiny". Instead of hoping for luck, I put my faith in continuous effort. It gives me confidence knowing that my hard work directly shapes my success. 3) Revise, revise, revise. A simple yet powerful technique I use is Jeevan Vidya's 3R formula: Read, Remember, and Reproduce. I read a topic multiple times, summarize it, and then try to reproduce it on paper. This process is what truly locks the information in and is essential for success. 4) Balance work with rest. All work and no play make for a dull life. After studying, I make sure to rest for a while or do a fun activity. This keeps my mind fresh and prevents me from burning out. 5) Choose a good company. The people you spend time with have a huge impact on your life. Jeevan Vidya stresses that acquiring the company of good students is difficult, but it's worth the effort, as it helps you avoid negative influences that can ruin your life. Last but not least, practice Gratitude & Meditation, which helps you to prepare for the worst and hope for the BEST. I am a firm believer in "As you teach, so shall you learn," so I hope these tips are helpful to the NMIMS community. They've certainly helped me stay balanced and focused on my academic journey. Paritosh Ajay Kadam, (Student MPSTME, Mumbai)

As a student, stress tends to seem like an inevitable friend. Deadlines, tests, and assignments can become suffocating very easily. I have learned over the years that dealing with stress has little to do with prevention and a lot to do with cultivating tiny habits of staying centred. One of my easiest habits is taking brief breaks after prolonged periods of studying. Even taking a five-minute stroll or a couple of deep breaths sets me right for coming back to focus. I also maintain a small notebook in which I make notes of tasks. This minimizes the stress of forgetting an important task and provides a sense of authority. Another of my habits is chatting with friends. Expressing myself makes me feel lighter and reassures me that I am not alone on this journey. On worse days, I shift my mood with music or reading. Above all, I remind myself that it is permissible to be imperfect. It has been the greatest stress releaser to accept that studying is a process, not just of progress, but also of setbacks. Stress management is not for big-time changes for me, but for these little, honest habits that keep me grounded in academics and in life.

Jaskaran Singh Panjetta, (Student MPSTME, Mumbai)

Whenever I am stressed and overloaded with assignments, deadlines, or a backlog in studies, I take a deep breath, a 30-minute walk at night, allowing myself to hear all sounds around me and feel the breeze. Then I get back to prioritizing and scheduling, and remind myself that it's okay to feel like this sometimes, and we can always take a step back and then go full swing!

Avani Bhat, (Student MPSTME, Mumbai)

I manage my stress by doing activities that keep me relaxed and happy. I often play video games to take my mind off things and enjoy some fun. Watching football also helps me recharge and feel excited. Going for a walk gives me fresh air and clears my thoughts. Talking with my parents is another way I release stress, as it makes me feel supported and understood. Along with these, I try small everyday activities that keep me balanced and positive.

Parth Mukkawar, (Student MPSTME, Mumbai)













# STRESS MANAGEMENT IN ACADEMICS

Honestly, stress hits hard sometimes between school, family, and just life in general. What helps me most is taking short breaks when things get too much, even just 10 minutes to scroll or listen to music. I also journal a bit, just to get my thoughts out. Sometimes I go on walks, or I'll talk to a friend who gets it. I've also started doing breathing exercises (sounds weird, but it helps). And I try not to stress about being stressed; no one's got it all together. We're all figuring it out.

Samyak Nitesh Jain, (Student MPSTME, Mumbai

Connecting with others: Talk about your problems with friends, family, or a professional for emotional support and practical help. Identifying stress triggers: Understand what situations or things make you feel stressed and try to eliminate or reduce them. Learning to say "no": Decline additional responsibilities when you're already feeling overwhelmed to prevent becoming more stressed. Planning your time: Effective time management can help you feel more in control of your situation. Being kind to yourself: Go easy on yourself and don't be too hard on yourself when you're feeling stressed.

Anushka Agrawal, (Student MPSTME, Mumbai)

I write down my thoughts for more clarity and distract myself by reading or drawing in order to prevent all of the thoughts and stress from making a jalebi in my head, which later on would be even more difficult to straighten! I pay attention in class, so most of the application-based questions are understood. Reading articles and gaining more knowledge helps me feel a lot better. I have been working on my own "demand-driven" magazine where I'll be publishing such articles based on mental health, Bombay heritage places, and answering questions most freshmen have in their minds. Follow @Bombay\_aur\_Baatein to know more about my insights on stress management. Thank you very much!

Saniya Sayed, (Student MPSTME, Mumbai)

Honestly, stress is something I deal with just like everyone else, but I've found a few things that really help me. The first thing I do is take a step back and just breathe. It sounds small, but it really calms me down. Sometimes I put on music or go for a walk, because moving around clears my head. I've also noticed that writing things down makes a big difference. If I feel overwhelmed, I just jot down what's on my mind, and somehow it feels lighter. And when it gets too much, I talk to a friend, which helps me see things from a different angle instead of keeping it all in. At the end of the day, I try to remind myself that stress is temporary and I'll get through it. Little routines like these keep me balanced.

Nikhil, (Student MPSTME, Mumbai)

Life feels stressful when you have a lot on your plate, not only with the roles and responsibilities one has to perform, but also a major sticking point that rarely people talk about is: the way your mind thinks about yourself. So, my first and most important tip will be - Know yourself more than anyone else in this world, or in other words, be self-aware. Whether it's your strength or weakness, try to know and understand every little detail about yourself. This practice will remind you of the kind of person you are and will help to ease out the identity crisis, which is one of the real reasons causing stress these days. The second tip is to build the habit of noting down your emotions on a piece of paper/mobile notes. When you read what you feel, you will find a better solution to manage these emotions, which in turn helps you cope with the emotional stress. Formulate a timetable for everything in your life, whether it's studies or daily roles and responsibilities. A pro tip is to go day-to-day and keep updating it as per your requirements. A set plan will give you a better idea of your daily life and reduce your burden of work. - Last Tip, a bit debatable one: Don't listen to motivational speakers all the time. Instead, focus on building your own opinions and thought process that suit your life's cycle and give you a better perspective on your life. It's fine to listen to them a couple of times, but listening to them on a regular basis can make you dependent on them for your major decisions. When a third person starts to influence your life beyond your control, it can lead you to make poor decisions and more stress. I hope these tips will make a difference in your life.

Kanahav Gupta, (Student MPSTME, Mumbai)

Stress has a policy—The more you think about the problem, the more stress it will put on you. The less you focus on the problem, the less the stress controls you. I think of it this way: If I can solve a problem, I don't stress; if I can't do anything about the problem, I pray. Focus on the solution and pray. Stress will control you only if you give it access to your mind.

Samarthya Rindani, (Student MPSTME, Mumbai)







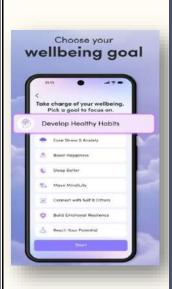








The Mental Health Wellbeing App Roundglass is now available at no cost to all SVKM and NMIMS students, faculty, and staff. For more information and assistance, please contact your respective library.

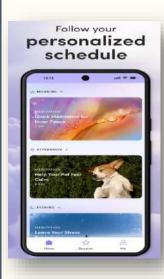


Enjoy science-backed

wellbeing practices

#### What is Roundglass Living

- Roundglass Living is a wellbeing/wellness app offering a **personalized daily "wellbeing feed"** comprising practices like breathwork, meditation, yoga, healthy recipes, music, and more.
- The app aims to support holistic (or "wholistic," as they spell it) health addressing physical, mental, emotional, and lifestyle domains.
- It's available on both iOS (App Store) and Android (Google Play) platforms.



#### Important aspects and key Features of the App

Personal Daily Plan / Feed: Each day, you get a curated set of practices (meditation, breathwork, yoga, etc.) tied to your goals (e.g. stress, sleep)

Wide Range of Practices: Sessions from short (30 seconds) up to 30 minutes. Includes breathwork, guided meditations, yoga, recipes, music, and sleep stories.

Behavioral-Science Tools: Mood tracking, reminders, timers, progress/dashboard view to see your stats.

Offline Access / Downloads: You can download content when online and use it later offline.

Favorites, Journey / History: Mark content as favorites, see what you've done in the past ("Journey"), etc.

Integration with Organizations: Some organizations, workplaces, universities partner to provide access (e.g. via a code or invite).

## expert-led practices









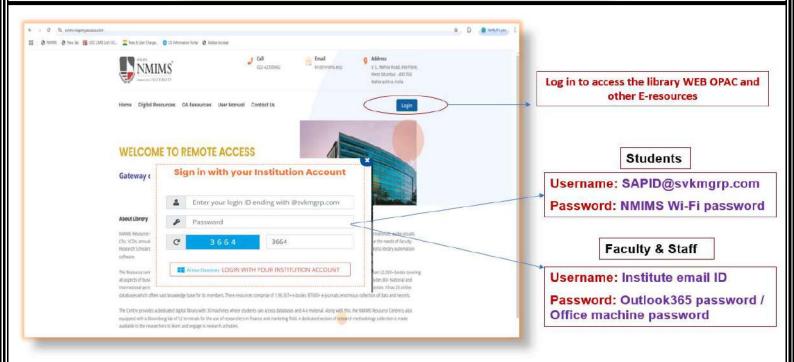






## **How to Access Online Databases**

Visit - https://svkm.mapmyaccess.com/



## **Science Direct**

Categorized Under (Engineering Database)

ScienceDirect is a leading academic database providing access to peer-reviewed journals, research articles, and book chapters published by Elsevier.

The database includes **299 full-text journals** in **Engineering and Computer Science**, covering publications from the year **2000 to the present**.

Access: Faculty and students can access ScienceDirect under the Engineering Database through the following link: https://svkm.mapmyaccess.com/





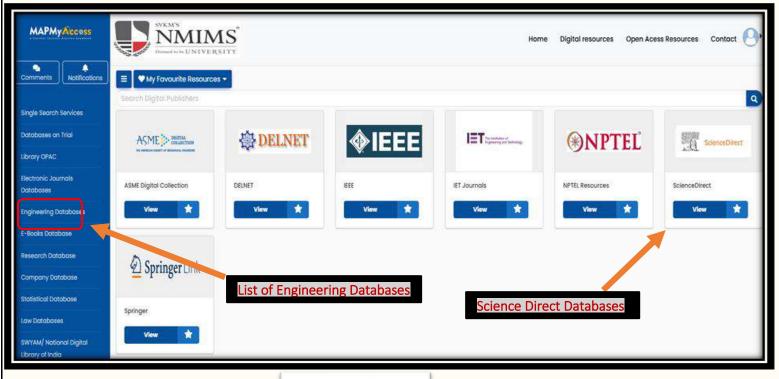




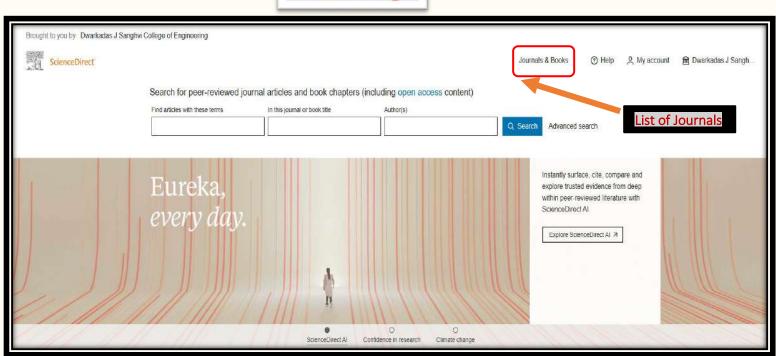




# STRESS MANAGEMENT IN ACADEMICS



## **Home Page**



- •Click on the "Journals & Books" tab.
- •Select the filter "Subscribed & Complimentary" to view accessible content.
- •Browse the alphabetical list of journals.
- •Or, simply enter the journal name in the Search bar to find it quickly.







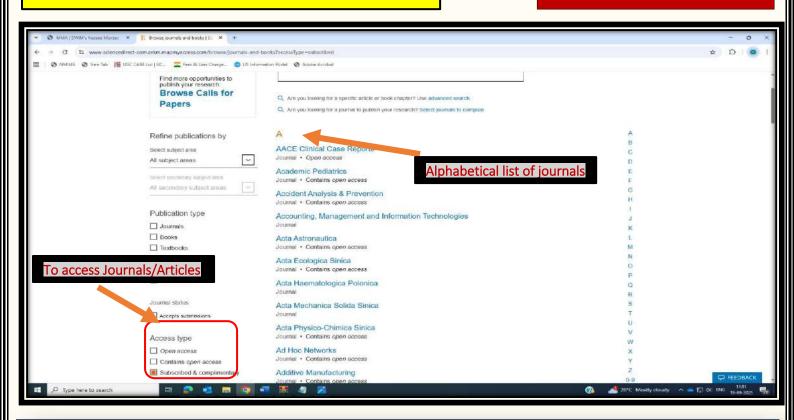






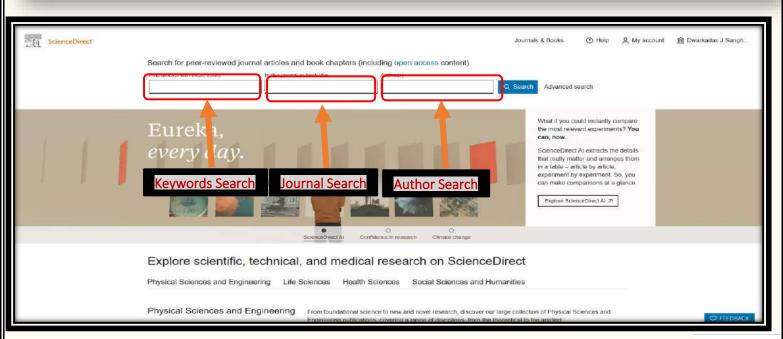


# STRESS MANAGEMENT IN ACADEMICS



## Quick Search

- Use the Search bar at the top of the page.
- You can search by:
  - Keyword (e.g., Artificial Intelligence, Data Mining)
  - Name of the Journal (e.g., Artificial Intelligence in Engineering)
  - Name of the Author (e.g., Vikas Khare)



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#### Refine Results

After running a search, you can narrow down your results using multiple filters:

- •Year (From 2000 onwards)
- •Journal Type (Research Articles, Review Articles)
- •Publication Title (Select specific journals from the list)
- •Subject Areas (Select specific subject from the list)
- •Language English

Brought to you by: Dwarkadas J Sanghvi College of Engineering								
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		→ Show all fields						

#### Advanced Search

The Advanced Search option allows users to run a more targeted search by combining multiple fields. Users can search using:

- Keyword(s)
- Name of the Journal
- Year of Publication
- Author with Affiliation
- Volume, Issue, and Page Number
- Title of the Article
- Abstract
- •ISSN

This feature is especially useful for researchers who already know specific details of the article they are looking for or want to refine results with precision.





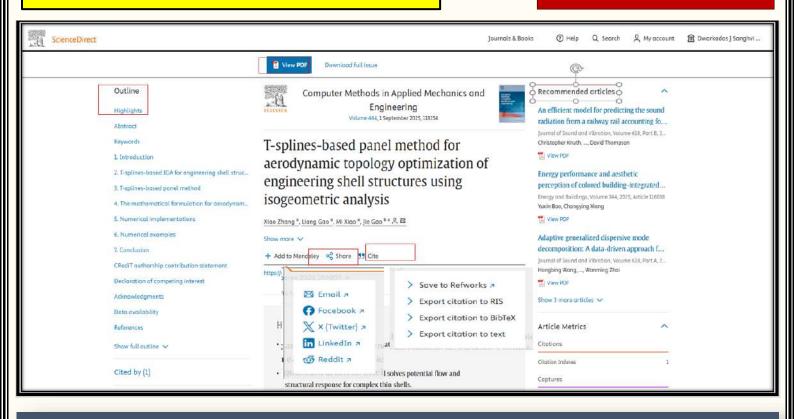








# STRESS MANAGEMENT IN ACADEMICS



## Article Display Features

When users open an article, they can access the following features:

- Article Outline Navigate through sections of the article easily.
- View PDF Download or read the full-text article in PDF format.
- Add to Mendeley Save references directly to your Mendeley library.
- Share Share the article with peers via link or email.
- Cite Generate citations in multiple styles (APA, MLA, etc.).
- Recommended Titles Explore related research and articles suggested by the platform.

"Every moment is a fresh beginning."
T.S. Eliot















#### **RANKINGS INDICATOR OF THE QUARTER**

Sr. No.	Stream	Name of the School	Campus	Rank	
	NIRF (National Institutional Ranking Framework) 2025				
1.	Top 100 in Overall	.00 in Overall SVKM's Narsee Monjee Institute of Management Studies		95	
2.	Top 100 in University	SVKM's Narsee Monjee Institute of Management Studies	Mumbai	52	
3.	Top 100 in Management	SVKM's Narsee Monjee Institute of Management Studies	Mumbai	24	
4.	Top 100 in Pharmacy	SVKM's Narsee Monjee Institute of Management Studies	Mumbai	11	

# The greatest weapon against stress is our ability to choose one thought over another. William James

William James

another,













## LIBRARY EVENTS

## **National Librarians' Day**

Venue: NMIMS Library, Date: 12th August 2025





**Dr. S. R. Ranganathan (1892–1972)**, the Father of Library Science in India. He is best known for formulating the **Five Laws of Library Science**, which continue to guide libraries and information services worldwide. This day is dedicated to recognizing the invaluable contributions of librarians in promoting knowledge, nurturing a reading culture, and supporting education and research. It reminds us of the vital role libraries play as gateways to information, learning, and lifelong growth.

On this occasion, NMIMS Library organized special events to celebrate and engage library professionals. Dr. Jinal Shah and Dr. Bajarang Kumbhar led brainstorming sessions, followed by Dr. Shah, who delivered a session on Research Writing for Quality Publications, and Dr. Kumbhar, who conducted a session on the Effective Use of Open Educational Resources (OERs) in Research for all SVKM and NMIMS Library Professionals. These activities provided valuable insights and practical knowledge, reinforcing the importance of continuous learning and collaboration in the library profession.













Engineers' Day Venue: MPSTME Library, Date: 15<sup>th</sup> September 2025



The MPSTME library team celebrated Engineers' Day to honor Bharat Ratna Sir M. Visvesvaraya, the legendary Indian engineer. The event featured a Book Review Competition, offering students a platform to express ideas, boost critical thinking, and promote reading. Four students enthusiastically presented reviews, reflecting their passion for books. Judges Dr. Kuntal Chakrabarti and Dr. Udayan Chakraborty evaluated the presentations and emphasized the need for such initiatives to foster reading habits. All participants received certificates and token gifts in appreciation. The event concluded with a vote of thanks by Dr. Ravi Bellary, Deputy Librarian, who acknowledged the support of faculty and students.

## CSR Activity

Venue: NMIMS Navi Mumbai, Date: 9<sup>th</sup> September 2025





The NMIMS Navi Mumbai Library team, along with School of Hospitality students, prepared and distributed food for the children at the Swapnalaya shelter home in Panvel.











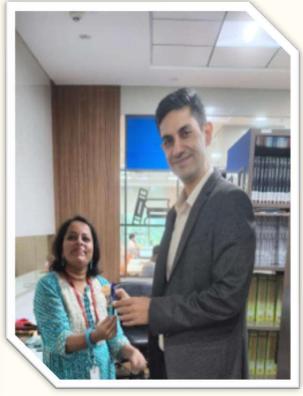


## Teachers' Day

Date: 5<sup>th</sup> September 2025







The NMIMS Navi Mumbai Library hosted a special celebration for Teacher's Day on September 8, 2025. This event was designed to pay tribute to Dr. Sarvepalli Radhakrishnan and to honor the esteemed faculty and staff. As part of the celebration, the library organized a series of engaging activities, including a Database Quiz, Book Hunt, and an interactive Rapid-Fire Round. These activities highlighted the importance of digital resources, familiarized participants with the Dewey Decimal Classification (DDC) system, and encouraged faculty members to share their personal reading interests. To ensure that all NMIMS faculty members are updated on the availability of online databases, the library has also scheduled an online database orientation.













# NMIMS News updates on the Go!

SBI Life kicks-off IdeationX 2.0 from NMIMS, Mumbai, set to engage top 100 B-schools across India



SBI Life Insurance has initiated IdeationX 2.0, the second iteration of its flagship innovation program involving 25,000 students from India's top 100 B-schools. It inspires young minds to co-create solutions for actual issues, complementing the national vision of Insurance for All by 2047. The campus drive kick-started at NMIMS Mumbai on July 15, 2025, and will roll out to top institutes such as IIM Lucknow, IIM Kozhikode, and XIM Bhubaneswar. Through innovation and partnership, SBI Life seeks to promote financial inclusion while building brand salience among up-and-coming leaders. Read more

NMIMS Receives Global Recognition as 'We Care' Internship Secures 4th Place at Triple E Awards



NMIMS has received international recognition as its **We Care**: Civic Engagement Internship secured 4th place globally at the Triple E Global Awards in Prague. Competing with over 40 top universities worldwide in the Societal Engagement Project category, this honour underscores NMIMS's commitment to social responsibility, innovation, and student-driven impact. Read more











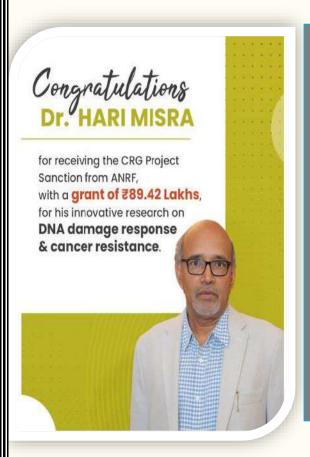


## Anviksha 2.0



The School of Technology Management and Engineering (STME), NMIMS Chandigarh, successfully concluded its annual techno-cultural fest, Anviksha 2.0, on Saturday, September 13, 2025. The event, organised entirely by students, turned the campus into a hub of creativity, innovation, and youthful energy, drawing participation from across disciplines. Read more

## Congratulations, Dr. Hari Misra



Cancer is emerging as one of the most pressing health challenges globally. Researchers at NMIMS Mumbai are stepping up with innovative solutions. Dr. Hari Misra's project, awarded ₹89.42 Lakhs through the CRG Project grant by ANRF, seeks to unravel the mechanisms behind cancer resistance, potentially transforming treatment approaches and improving outcomes for patients across India and beyond...Read more













# Eye on competitors

#### **❖** Lols issued for campuses of 4 foreign varsities; Pradhan announces projects worth ₹4,000 cr.

Union Education Minister Dharmendra Pradhan issued Letters of Intent (LoIs) to four foreign universities for establishing their campuses in India. They are Western Sydney University (WSU), Victoria University, La Trobe University in Australia, and the University of Bristol in the U.K. Read more.

#### BITS Pilani's Rs 2,219 crore bet on new campus, new future.

BITS Pilani is set to revolutionise higher education with three major initiatives: a state-of-the-art AI+ campus in Amaravati for Rs 1,000 crore, another Rs 1,219 crore investment for campus modernisation under Project Vistaar, and the launch of BITS Pilani Digital, its new edtech platform. Read more.

#### First Indian Institute of Creative Tech.

India's first IICT campus, inaugurated by I&B Minister Ashwini Vaishnaw, will train students in animation, VFX, gaming, comics, and extended reality. Located at NFDC Pedder Road, it will welcome 300 students in September with world-class labs, classrooms, and production facilities. Read more

#### **❖** IIM Bangalore to open private equity centre of excellence.

IIM Bangalore will set up India's first private equity centre of excellence, funded by alumnus Mathew Cyriac with a record ₹17.5 crore. Named the Tony James Centre for Private Equity and Venture Capital, it will drive research, education, and industry collaboration, develop case studies, host global leaders, and support scholarships and faculty initiatives. Read More

#### **❖ IIT-M, FedEx launch SMART centre for logistics solutions.**

IIT Madras and FedEx have launched the FedEx SMART Centre with a \$5 million grant to develop sustainable, tech-driven logistics solutions. The centre will focus on carbon-neutral operations, autonomous delivery, EV infrastructure, predictive analytics, and AI-driven worker safety, while also offering internships and research projects. IIT-M Director V. Kamakoti said it will solve complex supply chain and HR challenges, while FedEx's Kami Viswanathan highlighted its role in building smarter, sustainable supply chains through academic—industry collaboration. Read More

#### **❖** IIT-Madras emerges as top engineering college under NIRF ranking for 10<sup>th</sup> consecutive year.

IIT Madras has topped the NIRF 2025 rankings, securing 1st place in Engineering (10<sup>th</sup> year) and Overall (7<sup>th</sup> year) categories. It also ranked 1<sup>st</sup> in Innovation and SDG categories and 2<sup>nd</sup> in Research Institutions after IISc Bengaluru... Read More













# STRESS MANAGEMENT IN ACADEMICS





Library OPAC



E-Library Through Mapmyaccess



Library Resources through LMS Portal



Previous Years Question Papers through LMS Portal



Library Orientation on Usage of e-resources



User Manual for Usage of e-resources in e-library



NMIMS linkedin



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For More Information, Contact-SVKM's NMIMS (Deemed to be University)

Prof. Y.K. Bhushan Information and Knowledge Resource Centre, Mumbai V.L. Pherozeshah Mehta Rd, Vile Parle West, Mumbai, Maharashtra 400056 krc@nmims.edu











