

NSS

National Services Scheme

ASCII

Association of Students of Computer Science for Information
Interchange

Department of Computer Science and Engineering and NSS

Eunoia - Beautiful Thinking

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Name of the club(s)

ASCII - Department of CSE , NSS

Name of the event

Eunoia - Beautiful Thinking

Date of the event

3/08/2021, 4/08/2021

Time of the event

5:30pm - 6:30 pm

Venue

Microsoft Teams

Competent Authority - Approval from Chairperson, CSE

Event report with photographs**Day1****Topics covered :**

- Introduction to the speakers and organizing committee
- Talks by university counsellors Mrs. Soundaram and Mrs. Sathyapriya
- Q and A session for students to talk to the counsellors

Activites :

- **Sound of music** - participants were asked to send in their favorites songs, and a playlist was formed compiling all the entries
- **Bingo** - participants were asked to send in bingo entries, which were displayed on the social media pages of ASCII and NSS

Day 2

Speakers : Ms. Arva Talwar and Ms. Neha Murali from Knit-a-tale organization

The points covered by them were -

Stress is our body's reaction to any situation that is frustrating.

There are two categories of stress – Eustress and distress

- Distress is stress that negatively affects you and eustress is stress that has a positive effect on you. (negative)
- Eustress is what energizes us and motivates us to make a change. (positive)

Common causes of stress

- Constantly looking up on others and comparing ourselves with others can cause stress.
- Hanging on to our traumatic past and refusing to look ahead can create frustration.
- Overthinking unnecessarily about an incident or situation.
- Failure to reach the set goals.
- Continuously engaging yourself in all kinds of activities without taking a rest.

Tips to control stress

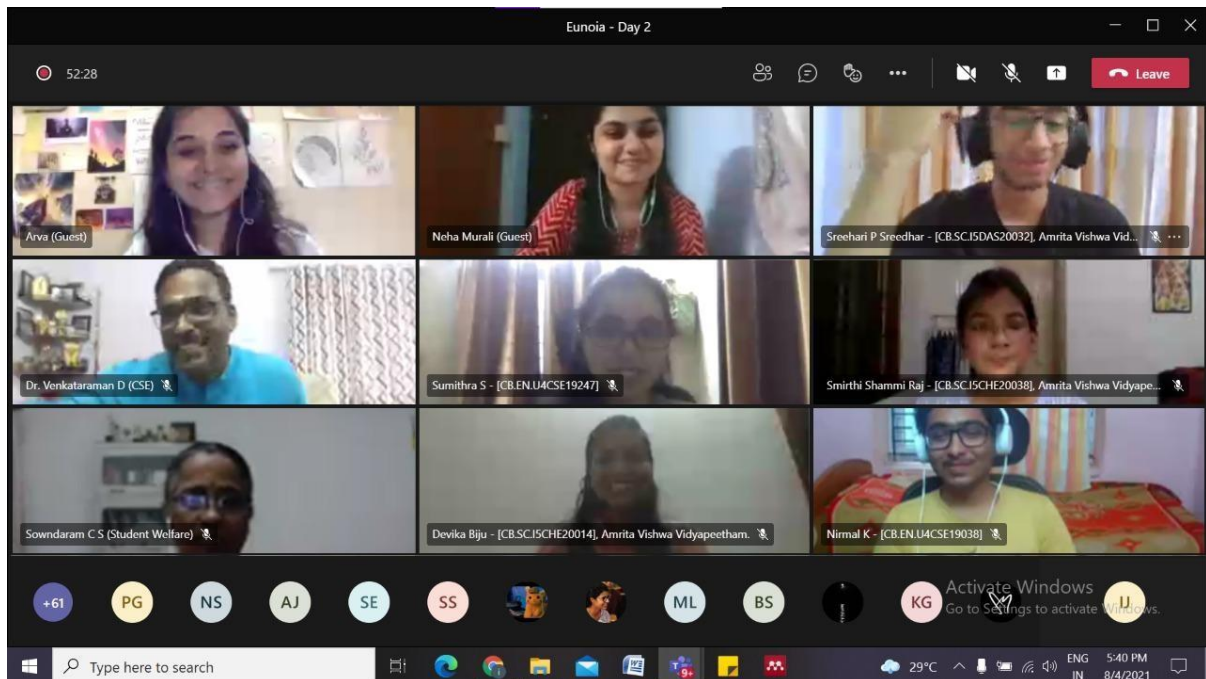
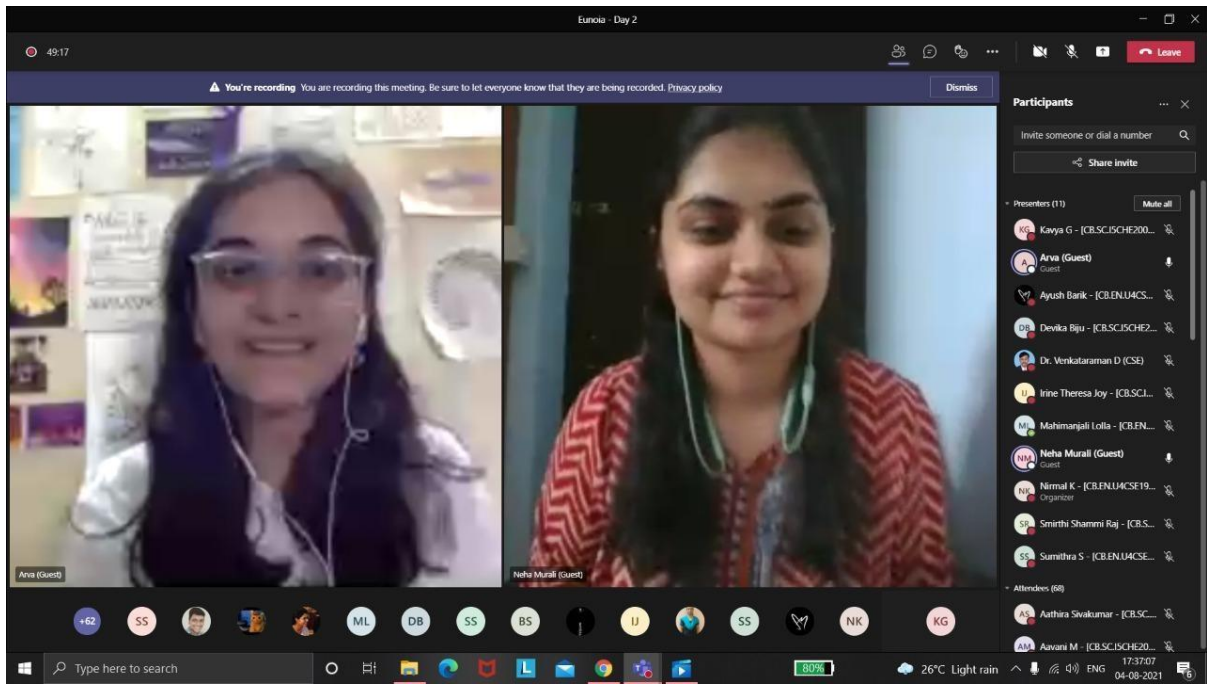
- Plan your day in the morning. Create a set of tasks to do in a day. [Categorize tasks into ABCDE and plan accordingly]
 - A – important and urgent tasks
 - B – important but not urgent tasks
 - C – not important tasks (no consequences if not done)
 - D – Delegate
 - E – Eliminate
- Set easy realistic goals. Break down your long term goals to short ones so as to remain interested in and to keep track on your ambition.
- Organize your space and surroundings. Decluttering will allow you to think clearly.
- Keep yourselves hydrated. Drink water between fixed intervals.
- Set boundaries – It is okay to say ‘NO’ to whatever you don’t feel like doing.

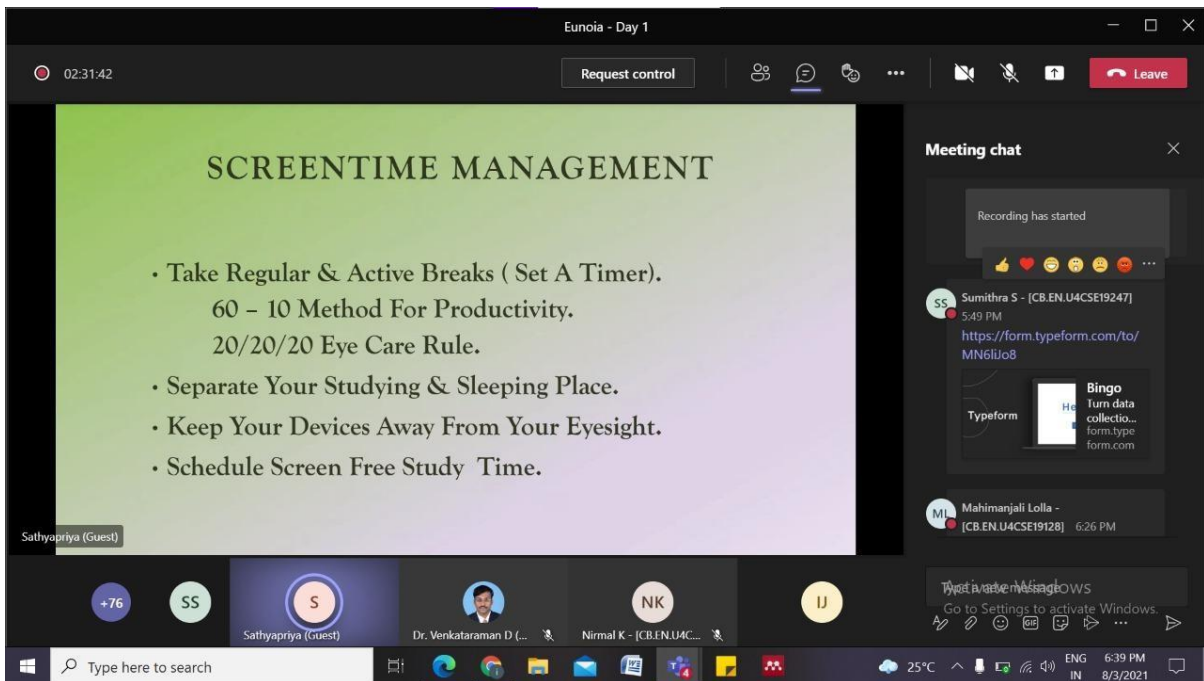
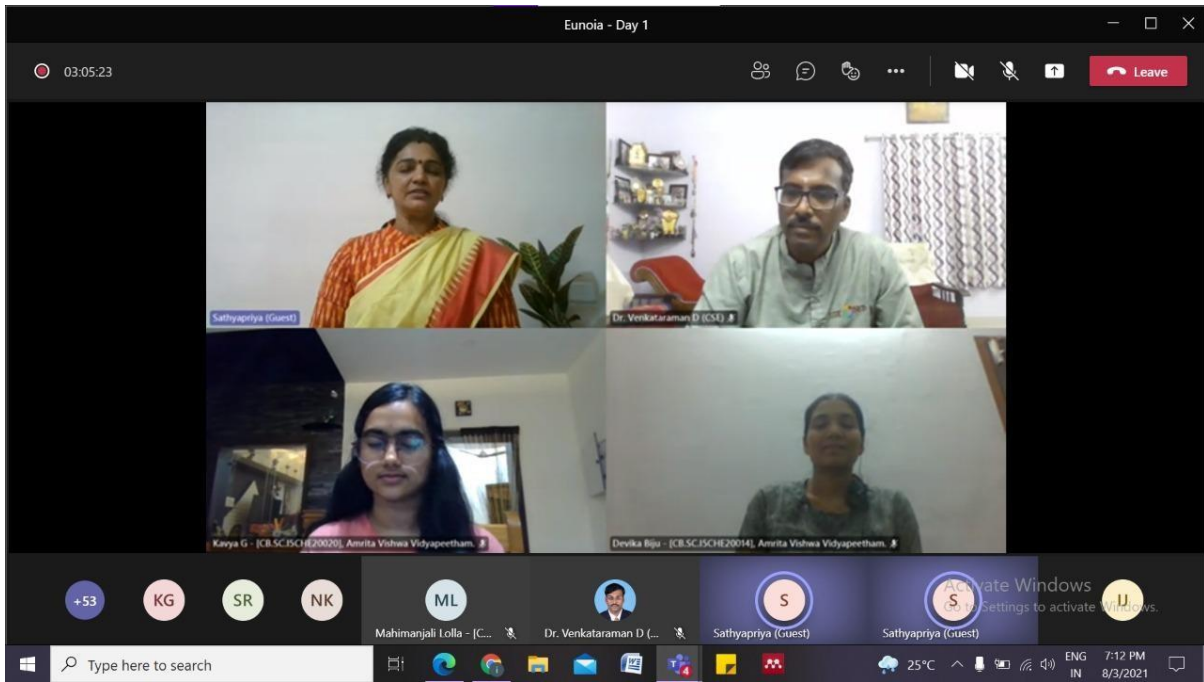
- Reduce screen time – Take a break from social media and relax yourselves. Take your eyes off from the screen every twenty minutes when continuously sitting in front of screens. Do ocular rotations to ease the stress of your eyes.
- Take enough rest and pamper yourself.
- Have a wide perspective. Try to understand and respect others and their notions in different situations.
- Sleep and wake up at the same time every day – in order to maintain the sleep cycle in a stable manner.
- Take a balanced nutritious diet.
- Do physical exercise regularly.
- Talk to someone you trust and listen to you without judging and let out your emotions.

Different people cope with stress in different ways. Do trial and error method and find your ideal way to reduce stress. Some usual methods include:

- Doing something you like (hobbies)
- Listening to music
- Going for a walk or cycling
- Meditating
- Yoga and breathing exercises
- Reading books
- Spending time with your family and friends

Screenshots





Publicity materials used :

The poster features a central illustration of a woman with long, wavy blue hair adorned with yellow and blue flowers. She has her eyes closed and a serene expression, wearing a yellow top with a pink heart on the chest. Her hair is styled as a vase, overflowing with a bouquet of blue, pink, and white flowers. The background is a soft pink with delicate white daisy-like flowers at the bottom.

Logos at the top include the National Service Scheme (NSS) emblem on the left, the Amrita Vishwa Vidyapeetham logo in the center, and the ASCII logo on the right.

The main title "EUNOIA" is written in large, bold, black letters, with the tagline "Beautiful thinking" in a cursive font below it.

Two thought bubbles provide event details:

- Platform: Microsoft teams
- 3rd & 4th August 2021
Time: 5:30 - 6:30pm



Contact information is listed at the bottom:

Sumithra Nirmal Devika Smirthi
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Registration form

Blurbs shared :

Invitation :

 EUNOIA 
/yoo-noh-uh/

Adjusting to life in the pandemic hasn't been easy for most of us. It has taught us important lessons and has changed our lives, and it's important that we find ways to adapt to it. We need something to rejuvenate ourselves and find the beauty of life, again! Here we present - Eunoia, a mental health workshop presented by ASCII and NSS to help us regain our perspectives and a positive attitude!

This 2-day event will not only consist of fun activities, but also talks from our counsellors and a session by the organization 'Knit-a-Tale' that'll go a long way in helping us de-stress.

Make sure to join in!

Register here- <https://bit.ly/eunoia-beautifulthinking>

Platform: Microsoft Teams

Dates: 3rd and 4th August

Time: 5:30 - 6:30 p.m.

Hey there!

ASCII and NSS have come together to conduct Eunoia - a workshop for our mental health. After a successful day 1, we'll be hosting day 2 from 05:30 PM - 6:30 PM today, and we're happy to bring you Miss Neha and Miss Arva from Knit a Tale, an endeavour that aims to bring people together and help them connect via stories.

People are longing for human connection and while the internet offers various modalities and platforms, they aim to bring back the oldest and most natural instinct to humans - storytelling.

Further, as mental health professionals themselves, they believe in mental health being an essential part of one's life journey.

So join our session today and be part of the wonderful discussions and activities that have been planned!

Day-2 meeting link: <https://bit.ly/eunoia-day-2>

Post event mail :

Hey there!

Hope this workshop helped you gain some clarity and embrace positive vibes! We look forward to hosting more such events to help us all as a community.

Here is the link for our playlist!

<https://open.spotify.com/playlist/7F3KEDfW6oEhsV3gMwfEZV?si=a05bd9f789ba4bcf>

Feel free to reach out and talk to us anytime!

Regards,

Student Coordinators,

ASCII and NSS