

Puzzle-Solving: A Stress-Management Technique



As part of our Stress Management course, we incorporated puzzle-solving activities to help students develop effective coping mechanisms. Benefits include:

- Reduced cortisol levels: helps alleviate the physiological symptoms of stress, promoting a sense of calm and relaxation.
- Improved mood: Boosts mood, helps counteract the negative emotions often associated with stress, leading to a more positive outlook.
- Enhanced cognitive flexibility: enables students to approach problems from different angles, think more creatively, and develop more effective coping strategies, reducing feelings of overwhelm.
- Increased mindfulness: The focused attention required for puzzle-solving induces a state of mindfulness, distracting students from stressful thoughts and worries, and promoting a sense of calm and clarity.
- Brain relaxation: Providing a mental break, allows the brain to relax and recharge, reducing mental fatigue and increasing productivity.

Mindful Breathing and Pranayam for Stress Management:

In our Stress Management course, students practiced mindful breathing and Pranayam to develop effective coping mechanisms. Benefits include:

- Reduced anxiety and calmness
- Lowered cortisol levels
- Improved focus and concentration
- Enhanced self-awareness
- Increased oxygenation and energy
- Better emotional regulation

These techniques help students manage stress by:

- Calming the nervous system
- Mitigating physiological symptoms
- Improving mental clarity and focus
- Regulating emotions and responses
- Boosting energy and reducing fatigue

By incorporating mindful breathing and Pranayam, students gained practical tools to enhance their mental and physical well-being.



The Therapeutic Power of Art: A FYBA Experience

In a recent activity, FYBA students were introduced to thread painting, a simple yet satisfying art form. The focus wasn't on creating a masterpiece, but on experiencing the process and its benefits. The outcomes were amazing:



- Mindfulness and relaxation: Students reported feeling calm and focused as they engaged in the creative process.
- Boosted creativity: The activity sparked imagination and innovation, showcasing the therapeutic potential of art.
- Enjoyment and appreciation: Everyone enjoyed the experience, gaining a deeper understanding of art's impact on mental well-being.

This unique experience broke away from traditional teaching styles, allowing students to rediscover their creative side. Many hadn't touched colors since school, but this activity brought their long-lost creativity alive again, reminding them of the joy and fulfillment of artistic expression.



Cracking Codes, Cracking Minds: Decoding Psychological Disorders:

In our TYBA Psychology class, we turned learning into an exciting adventure with the Tarsia Puzzle game. Students embarked on a thrilling journey of decoding psychological disorders, assembling pieces of knowledge to form a comprehensive understanding.

This engaging approach proved to be a game-changer, offering numerous benefits:

- Enjoyable learning experience: Students had a blast while learning, making the experience enjoyable and interactive.
- Improved knowledge retention: The puzzle game helped students recall and apply their knowledge of psychological disorders more effectively.
- Enhanced teamwork: Collaborative problem-solving fostered a sense of teamwork and camaraderie among students.
- Better understanding and application: By piecing together the puzzle, students developed a deeper understanding of complex psychological concepts and their practical applications.

The Tarsia Puzzle game proved to be an innovative and effective teaching tool, making learning fun, interactive, and memorable. Students not only enjoyed the process but also gained a more profound understanding of psychological disorders.