

**GES's R. H. Sapat College of Engineering, Management
Studies and Research, Nashik**

Department of MCA Engineering

REPORT

ON

Building Resilience – Increasing Stress Handling Capacity

Date: 14th December 2024

Time: 10:30 AM – 11:30 AM

Venue: Dr. M.S. Goasavi Seminar Hall

Speaker: **Mr. Mayur Tambe** (Social Entrepreneur and Neurocoach)



Introduction

The seminar on Building Resilience was organized to address the increasing challenges of stress in modern-day life and to provide actionable insights into managing it effectively. The session was conducted by Mr. Mayur Tambe, a social entrepreneur and neurocoach, who shared his expertise on understanding stress, its impact, and strategies for resilience.

Key Highlights of the Session

1. Understanding Stress and Its Impact

Stressors in daily life last for at least 3-4 hours and significantly affect physical and mental well-being.

Mr. Tambe highlighted the alarming fact that lacking a social network today equates to smoking 15 cigarettes a day, underscoring the importance of human connections.

Toxic work culture was identified as a major contributor to stress, with 62% of Indian employees reportedly experiencing work-related burnout, as per the Media Buddy report.

Symptoms of stress include difficulty in breathing, panic attacks, blurred vision, fatigue, muscle aches, and more.

2. Shift in Work Culture and Generational Challenges

The speaker emphasized the growing trend of employees leaving workplaces that negatively impact mental health.

A case study on Rabbit R1, a one-button phone designed for Gen Z, was discussed. It highlights the convenience-seeking behavior of the younger population and raises concerns about growing laziness.

3. The Science of Resilience

- **Meditation and Brain Health:** Meditation was presented as a tool for enhancing specific areas of the brain, though its scope is limited to targeted effects.
- **Brain Gym Concept:** Drawing parallels with physical gyms, Mr. Tambe introduced the idea of a "brain gym" for mental training and neuroplasticity.

- **Neurology Insights:** Smiling or laughing was shown to reduce stress significantly as the brain interprets these actions as positive stimuli.

4. Memory and Brain Function

The concept of the brain's "warehouse" was explained, highlighting the eight elements that store memories: emotional, conceptual, visual, kinematic, smell, taste, touch, and the incorporation of weirdness.

The distinction between short-term and long-term memory was discussed, focusing on how different factors influence memory retention.

5. Practical Demonstration

A simple exercise was conducted to demonstrate the brain's automatic response. Participants were asked to close their eyes, hear a word (e.g., "yellow"), and then observe their natural focus upon reopening their eyes. This demonstrated the brain's immediate, unconscious processing of commands.



Conclusion

The session was highly engaging and insightful, equipping attendees with a deeper understanding of stress and practical tools for building resilience. Mr. Tambe's emphasis on concepts like neuroplasticity, meditation, and memory storage mechanisms provided actionable takeaways for managing stress effectively.

Feedback

The participants appreciated the relevance of the session, particularly the practical exercises and the relatable discussion on modern work culture. The session encouraged introspection and motivated attendees to adopt stress management practices in their daily lives.