

Event Name: Capacity building program: Series 02- Systemic sequelae of Stress

Date: 22.10.2025

Organized by: Internal Quality Assurance Cell (IQAC)

Academic Year: 2025-2026

Report:

On **22nd October 2025**, Internal Quality Assurance Cell (IQAC) hosted the Capacity Building Program- Series 2 with the theme “Systemic Sequelae of Stress”. The session was conducted by Dr. B. Antoinette Mary Nithya, Professor of Radiation Oncology at Madras Medical College, who shared her expert knowledge on the profound impacts of stress on the human body. Dr. Nithya’s presentation provided an in-depth look at how chronic stress can lead to a range of systemic health issues, affecting both physical and mental well-being. She explained the physiological mechanisms behind stress and its potential long-term consequences on major systems, including the cardiovascular, immune, and endocrine systems. Dr. Nithya also discussed the links between stress and various diseases, underlining the importance of stress management for overall health. The session included interactive strategies for managing stress effectively, such as relaxation techniques, mindfulness practices, and lifestyle adjustments. Dr. Nithya emphasized the need for both individual and collective efforts in creating a supportive environment to mitigate stress, particularly in high-pressure settings like academic and professional life. Faculty and staff members engaged actively in the discussions, reflecting on their own experiences and learning new methods to handle stress. This session marked an important step in the college’s ongoing commitment to promoting mental health and wellness among its staff, furthering its mission of fostering a holistic and supportive work environment.