



# INNOVATIVE COLLEGE OF PHARMACY

Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

## NOTICE

DATE:- 02-02-2021

This is inform all the students and faculty members that the one day seminar based on “**Stress and Burnout in Research Strategies for Mental Health and Wellbeing**” will be delivered by, Ms. Deepika chauhan, Assistant Professor, Innovative College Of Pharmacy, Greater Noida.

Venue: Seminar Hall

Date: 06-02-2021 (saturday)

Time: 12.00 pm – 2.00 pm



Principal

- Copy to :-
1. Academic Director
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## Report on seminar

Topic: **Stress and Burnout in Research Strategies for Mental Health and Wellbeing**

Date: 06-02-2021

Venue: Seminar Hall

Speaker: Ms. Deepika chauhan

### Introduction

The life of a researcher, while intellectually stimulating and rewarding, often involves high levels of stress and the risk of burnout. Deadlines, publication pressures, grant applications, and the quest for novel findings can lead to significant mental strain. This seminar focuses on understanding the causes of stress and burnout in the research environment and explores strategies to promote mental health and wellbeing.

### Understanding Stress and Burnout in Research

Stress in research is often triggered by various factors such as:

- **High Expectations:** The pressure to publish frequently and in high-impact journals.
- **Competitive Environment:** The race for limited funding and academic positions.
- **Isolation:** The solitary nature of research work can lead to feelings of loneliness.
- **Work-Life Imbalance:** Long hours and the demand for constant productivity can disrupt personal life.





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- **Uncertainty:** The unpredictability of research outcomes and career stability adds to the stress.

Burnout is a state of physical, emotional, and mental exhaustion caused by prolonged exposure to stressors. In the context of research, burnout can manifest as:

- **Emotional Exhaustion:** Feeling drained and unable to cope with the demands of work.
- **Depersonalization:** Developing a cynical attitude towards work and colleagues.
- **Reduced Personal Accomplishment:** A sense of inefficacy and lack of achievement.

## Strategies for Managing Stress and Burnout

1. Time Management and Prioritization
2. Building a Support System
3. Mindfulness and Relaxation Techniques
4. Maintaining Work-Life Balance
5. Seeking Professional Help
6. Creating a Positive Work Environment

## Conclusion

Stress and burnout are significant challenges in the research community, but they can be managed with the right strategies. By prioritizing mental health and fostering a supportive work environment, researchers can maintain their wellbeing and continue to contribute meaningfully to their fields.





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## Photographs



Figure1: Photographs of honorable speaker presented valuable lecture on “Stress and Burnout in Research Strategies for Mental Health and Wellbeing”





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Figure 2: Photograph of faculty members with students attending a seminar on “Stress and Burnout in Research Strategies for Mental Health and Wellbeing”

