



**Date: 30<sup>th</sup> September, 2021**

<b>Report</b>	
Name of Activity	Invited Talk on Stress Management
Date	5 <sup>th</sup> October, 2021
Venue	Seminar Hall
Organized by	Management Department, Mangalmai Institute of Management & Technology
No. of Beneficiaries	143 students
Resource Person	Ms. Gyan Kaur, Brand Manager, Raj Industries
Activity In-charge	Ms Manisha Sharma, Faculty, MIMT
Objectives	<p>To learn to cope with the stress which students face in classrooms or at personal fronts.</p> <p>To introduce students to the key skills needed to manage their stress.</p> <p>To prepare for and produce their best work under the inevitable pressure of academic life that arises whilst meeting deadlines and during exams, interviews, presentations, sports and many more such situations.</p>
Content	<p>The department of Management, MIMT organized an invited talk on stress management on 5<sup>th</sup> October 2021 at 11 am in the seminar hall. The resource person for the workshop was Ms. Gyan Kaur, Brand Manager, Raj Industries. The Session started with a warm welcome of the esteemed speaker by Ms Manisha Sharma, faculty, MIMT. She introduced the speaker to the audience and presented a bouquet of flowers to him. The main highlights of the seminar were – various types of stress faced by teenagers, stress relaxation therapy that could be followed and different stress management techniques. She also explained that “Stress can be good or bad, it is our attitude how we tackle with it</p> <p>The speaker started her talk by defining stress to the students as a feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.</p>



	<p>She explained that most students experience significant amounts of stress due to increased pressure from their parents, peers and even their expectation from self to succeed in their academic life, and this stress can take a significant toll on health, happiness, and grades and can affect health-related behaviors like sleep patterns, diet, and exercise as well, taking a larger toll. He further emphasized that stress management starts with identifying the sources of stress in the life and also provided remedies to cope up with the stress like enough sleep, regular exercise, meditation, socializing, taking healthy balanced diet etc. She also advised students not to opt for unhealthy ways of relieving stress like smoking, drinking, drugs or sleeping too much. She educated students to understand the symptoms their body is giving under stress. She also mentioned the ways that how stress can be avoided by the students. The exhaustive session came to an end by lots of questions by the students. Answering to the queries, he mentioned that it is very important to vent out the feelings in front of the person who could give the best guidance instead of keeping the knots in the mind.</p> <p>Ms. Manisha Sharma thanked Ms. Gyan Kaur, Brand Manager, Raj Industries, for a wonderful and stress buster session.</p>
Outcome of Activity	<p>Students became aware of the situations that can cause stress and how to avoid many of such situations if not all.</p> <p>They also became sensitized about the bad effects stress can put on their health and daily life and how to overcome stressful situations.</p> <p>They were made aware of the ill-effects of unhealthy ways of overcoming stress.</p>

#### **LIST OF BENEFICIARIES**

<b>S No.</b>	<b>NAME OF THE STUDENT</b>	<b>COURSE</b>
1.	TARUN TIWARI	BBA I
2.	RITIK RAJ	BBA I
3.	SHALISH KUMAR JHA	BBA I



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4.	KETAN	BBA I
5.	ADARSH KUMAR GUPTA	BBA I
6.	SHUBHAM KUMAR	BBA I
7.	KHUSHI GOYAL	BBA I
8.	SHRISHTI SINGH	BBA I
9.	ISHAN VERMA	BBA I
10.	MITESH SHEKHAR	BBA I
11.	DUSHYANT KUMAR GIRI	BBA I
12.	ARVIND VERMA	BBA I
13.	PRINCE PATEL	BBA I
14.	ADITYA KUMAR	BBA I
15.	VARSHA	BBA I
16.	ABHISHEK BHADANA	BBA I
17.	AMRIT RANJAN	BBA I
18.	SUMIT KUMAR SINGH	BBA I
19.	YOGESH KUMAR	BBA I
20.	RITISHA SRIVASTAV	BBA I
21.	TUSHAR BIDHURI	BBA I
22.	ROHAN KUMAR GIRI	BBA I
23.	VIVEK SHARMA	BBA I
24.	ANSHUMAN MISHRA	BBA I
25.	ARYAN SHARMA	BBA I
26.	KAVYA GOEL	BBA I
27.	SHIVASHIS PUNDHIR	BBA I
28.	AKSHIT PURI	BBA I



29.	MINAKSHI MARY SAMUEL	BBA I
30.	ANUJ LOHIYA	BBA I
31.	SANSKRITI ACHARYA	BBA I
32.	SATYANAND SONI	BBA I
33.	HIMANSHU KUMAR SINGH	BBA I
34.	RANDHIR KUMAR	BBA I
35.	NISHANT MISHRA	BBA I
36.	PUNIT PAL	BBA I
37.	SATVIK PANDEY	BBA I
38.	CHANDRABHAN	BBA I
39.	KAJAL KUMARI	BBA I
40.	MAYANK BAISOYA	BBA I
41.	ASHUTOSH MISHRA	BBA I
42.	PRIYANSHU RANJAN	BBA I
43.	SAJID ALI	BBA I
44.	SHIVAM SINGH	BBA II
45.	NIKHIL SINGH	BBA II
46.	KHUSHAL BIDHURI	BBA II
47.	LUBHANSHU	BBA II
48.	UJJWAL KUMAR	BBA II
49.	RAHUL KUMAR YADAV	BBA II
50.	SUBHANGI SHANKAR	BBA II
51.	DARSHAN KUMAR	BBA II
52.	ADITYA SINGH	BBA II
53.	GAURANG MALHOTRA	BBA II



54.	ABHISHEK KUMAR	BBA II
55.	RISHU KUMAR	BBA II
56.	ROSHAN KUMAR	BBA II
57.	JYOTI SINGHAL	BBA II
58.	EISHA VARSHNEY	BBA II
59.	SOURAV JOSHI	BBA II
60.	HIMALYA GAUR	BBA II
61.	DIVYANSHU SHEKHAR RAI	BBA II
62.	ANKIT KUMAR	BBA III
63.	SONALI SINGH	BBA III
64.	BAJRANG KUMAR TIWARI	BBA III
65.	ATUL KUMAR	BBA III
66.	ABHAY KUMAR	BBA III
67.	PRIYANSHU SHARMA	BBA III
68.	PRIYANSHU SHARMA	BBA III
69.	ROOPA BISWAS	BBA III
70.	ADITYA RANA	BBA III
71.	AMIT KUMAR	BBA III
72.	RAJ NANDANI CHOUDHARY	BBA III
73.	TUSHAR CHANDILA	BBA III
74.	SAURABH KUMAR	BBA III
75.	VAIBHAV SINGH	BBA III
76.	AVINASH KUMAR	BCOM I
77.	SUJAL GUPTA	BCOM I
78.	SARITA YADAV	BCOM I



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79.	PRIYA BHATI	BCOM I
80.	ADITYA SHARMA	BCOM I
81.	SHASHANK SINGH BAGHEL	BCOM I
82.	ISHA	BCOM I
83.	KUNIKA MISHRA	BCOM I
84.	ABHINAV CHOUDHARY	BCOM I
85.	ROHAN NAGAR	BCOM I
86.	JIYA PEGWAL	BCOM I
87.	VIVEK BHATI	BCOM I
88.	PARTH DWIVEDI	BCOM I
89.	MERAJ BABU ANSARI	BCOM I
90.	SARITA YADAV	BCOM I
91.	VIPIN BHATI	BCOM I
92.	SURJEET	BCOM I
93.	VISHU SHARMA	BCOM I
94.	SIMRAN BHARDWAJ	BCOM I
95.	ADITI RAI	BCOM I
96.	PRIYA HALDAR	BCOM I
97.	PARTH DWIVEDI	BCOM I
98.	JAYA	BCOM I
99.	RITIK	BCOM I
100.	OM PANDEY	BCOM I
101.	AKASH YADAV	BCOM I
102.	JIYA PEGWAL	BCOM I
103.	GAUTAM KANOJIA	BCOM I



104.	PRIYANKA CHAUHDHARY	BCOM I
105.	ANKIT TRIPATHI	BCOM I
106.	HIMANSHU SINGH	BCOM I
107.	KHUSHI MAHESHWARI	BCOM I
108.	CHESHTA SHARMA	BCOM I
109.	SUDHANSHU	BCOM I
110.	PIYUSH AMBAVATA	BCOM I
111.	KHUSHI GARG	BCOM I
112.	SATISH	BCOM II
113.	HIMANSHU	BCOM II
114.	SHRUTI GUPTA	BCOM II
115.	BHUMIKA SINGH	BCOM II
116.	NIKITA PRADHAN	BCOM II
117.	ASHWANI VERMA	BCOM II
118.	AKASH CHAUHAN	BCOM II
119.	KUSH	BCOM II
120.	PIYUSH SRIVASTAVA	BCOM II
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124.	GAURI HALDHAR	BCOM II
125.	GAVENDRA VASHISHTH	BCOM II
126.	DINESH GOYAL	BCOM II
127.	SHWETA	BCOM II
128.	SACHIN SINGH NEGI	BCOM II



129.	HIMANI SINGHAL	BCOM II
130.	BHARAT KUMAR JHA	BCOM II
131.	KOMAL	BCOM II
132.	SONIKA	BCOM II
133.	RAYAN ALI	BCOM II
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136.	AYUSH KUMAR KANSAL	BCOM II
137.	PRASHUK JAIN	BCOM III
138.	ASHMITA SINGH	BCOM III
139.	GAURAV BHATI	BCOM III
140.	VIKASH SINGH	BCOM III
141.	ASHU BHATI	BCOM III
142.	SHANKY BHATI	BCOM III
143.	KRITI KUMARI	BCOM III