



Date: 18th October, 2021

Report	
Name of Activity	Invited talk on handling peer pressure
Date	22 nd October, 2021
Venue	Seminar Hall
Organized by	Mangalmai Institute of Management & Technology
No. of Beneficiaries	132 students
Resource Person	Mr. Manoj Pal, Regional Manager at, Myntra
Activity In-charge	Ms. Manisha Sharma, Faculty, MIMT
Objectives	<p>To explain the students about positive and negative peer pressure.</p> <p>To learn to cope with the peer stress which students face in classrooms or at personal fronts.</p> <p>To introduce students to the key skills needed to manage any kind of peer pressure.</p>
Content	<p>With the initiative of Internal Quality Assurance Cell (IQAC), the department of Management, MIMT organized an invited talk on handling peer pressure on 22nd October 2021 at 2:30 pm in the seminar hall. The resource person for the workshop was Mr. Manoj Pal, Regional Manager at, Myntra</p> <p>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.</p> <p>The talk began with an introduction to peers and the influence that they can exert, which the students face in their daily lives on a daily basis which led to an interactive discussion on what are the reasons of peer pressure and how it affects us as individuals. The eminent speaker explained that the peer pressure tends to grow in intensity as students move up through the grades and by the time they reach high school, fitting in becomes a priority - and often a source of anxiety—to many. He typically focused on a few common areas where peer pressure can be manifested in any number of ways like smoking, drugs, alcohol, stealing, sexual activity, bullying and many more. Importance of dealing with peer pressure was also spoken about and</p>



	<p>students were made aware of how to handle peer pressure effectively. This was explained in detail with images and some realistic examples and putting across certain situations to the students where they were to identify the pressure as positive, negative or neutral. An activity was also conducted where students had to come up with situations of peer pressure and also innovative ways of handling the pressure.</p> <p>It was an interactive workshop and ended on a successful note. The students were also enthusiastic about sharing their feedback.</p> <p>Ms. Manisha Sharma thanked Mr. Manoj Pal, Regional Manager at, Myntrafor a wonderful and stress buster session.</p>
Outcome of Activity	<p>Students became aware of the situations that can cause peer pressure and how to avoid many of such situations if not all.</p> <p>They also became sensitized about the bad effects peer pressure can put on their health and daily life and how to overcome stressful situations.</p>

LIST OF BENEFICIARIES:

S.NO.	NAME OF THE STUDENT	COURSE
1.	MANAV GOSWAMI	BCOM I
2.	HARSH SHARMA	BCOM I
3.	PRANAV ISTWAL	BCOM I
4.	SIMRAN BHARDWAJ	BCOM I
5.	SWATI PAYAL	BCOM I
6.	SAGAR BHATI	BCOM I
7.	MD FARHAN ANSARI	BCOM I
8.	ROHIT SATAPATHY	BCOM I
9.	DEEPAK BARUAH	BCOM I
10.	SUDHANSHU	BCOM I



11. AKASH YADAV	BCOM I
12. DEEPANSHU	BCOM I
13. ANKIT TRIPATHI	BCOM I
14. AMAN	BCOM I
15. HARINDER BHATI	BCOM I
16. ANJALI BHARTI	BCOM I
17. NUPUR NEGI	BCOM I
18. MD FARDEEN	BCOM I
19. MD MAHTAB ALAM	BCOM I
20. MOHD SHAD KHAN	BCOM I
21. AKANSHI	BCOM I
22. MUKUL DIXIT	BCOM I
23. SURJEET	BCOM I
24. SANTOSH KUMAR	BCOM I
25. ZAID	BCOM I
26. TRISHA RAJAK	BCOM I
27. VISHAL SINGH	BCOM I
28. KOMAL TALAN	BCOM I
29. YOGESH KUMAR	BBA I
30. PRIYANSHI NEGI	BBA I
31. PRAVEEN KUMAR	BBA I
32. ASHISH CHECHI	BBA I
33. UDAY PRATAP RANA	BBA I
34. YASH RAJ	BBA I
35. KUNAL PANDEY	BBA I



36. VISHAL PANDEY	BBA I
37. SANDEEP KUMAR YADAV	BBA I
38. RITIK BHATI	BBA I
39. MOHIT HARNWAL	BBA I
40. ROHIT KUMAR	BBA I
41. NIKESH KUMAR	BBA I
42. ABHINAV BHATI	BBA I
43. SANDHYA	BBA I
44. PIYUSH TYAGI	BBA I
45. ABHINAV JINDAL	BBA I
46. CHIRAG CHAUHAN	BBA I
47. SAURABH YADAV	BBA I
48. RAJSHEKHAR SINGH KUSHWAHA	BBA I
49. VANSHIKA TIWARI	BBA I
50. RINKU SINGH	BBA I
51. NIDHI TONGER	BBA I
52. KAVITA MANDAL	BBA I
53. SHAURYA DHAMA	BBA I
54. MANISH AWANA	BBA I
55. ANKUSH BHATI	BBA I
56. LUCKY LOHIYA	BBA I
57. AYUSH VASHISTH	BBA I
58. KHUSHI KUMARI	BBA I
59. YUVRAJ SINGH	BBA I
60. PRASHANT SINGH	BBA I



61. ADITYA	BBA I
62. SAJAL VERMA	BBA II
63. RITTIK MISHRA	BBA II
64. SAKSHI JAIN	BBA II
65. AAKRITI SINGH	BBA II
66. ANKIT YADAV	BBA II
67. RAJA KUMAR	BBA II
68. KHUSHI BHARDWAJ	BBA II
69. GOPAL VASHISTHA	BBA II
70. UDAY SHARMA	BBA II
71. SMRUTI RANJAN ROUT	BBA II
72. DEEWAKAR JHA	BBA II
73. RAMANJEET SINGH	BBA II
74. RIYA YADAV	BBA II
75. VISHAL REDDY	BBA II
76. ROHAN MISHRA	BCA I
77. ADITYA RAJ	BCA I
78. AMIT KUMAR	BCA I
79. VIKAS SHARMA	BCA I
80. SHIVAM KUMAR	BCA I
81. SUHAIL CHOUDHARY	BCA I
82. DEV PRATAP	BCA I
83. DIKSHA YADAV	BCA I
84. MOHINI VERMA	BCA I
85. PRATHAM SAXENA	BCA I



86. AAYUSH GOYAL	BCA I
87. ANKIT SINGH	BCA I
88. ANURAG KUMAR	BCA I
89. VIPIN PRAJAPATI	BCA I
90. YUGAL KHATRI	BCA I
91. AYUSH KUMAR KEJRIWAL	BCA I
92. DEEPANSHU	BCA I
93. AJEET KUMAR	BCA I
94. NILESH KUMAR	BCA I
95. CHANDAN KUMAR	BCA I
96. MANISH PURI	BCA I
97. ABHISHEK MISHRA	BCA I
98. LOKESH DAS	BCA I
99. AJEET CHANDELA	BCA I
100 ABHISHEK PRASAD	BCA I
101 SHIVAM SINGH RAWAT	BCA I
102 GAURAV SHARMA	BCA I
103 UTPAL DAS	BCA I
104 ARUN BHATI	BCA I
105 AMAN SHARMA	BCA I
106 NIKITA SINGH	BCA I
107 KUNWAR PAL	BCA I
108 RAJEEV	BCA I
109 PRAJWAL JAISWAL	BCA I
110 MOHIT PANDIT	BCA I



111 ROHAN	BCA I
112 ARVIND	BCA I
113 RUKHSAR KHATOON	BCA I
114 RAHUL	BCA I
115 ASHISH YADAV	BCA I
116 TANISH NAGAR	BCA II
117 YASH ASTHANA	BCA II
118 LAKSHYA BANSAL	BCA II
119 SAGAR PAL	BCA II
120 YUVRAJ	BCA II
121 SUFIYAN IQBAL	BCA II
122 MANISH SAHANI	BCA II
123 AMIT KUMAR	BCA II
124 VISHAL KUMAR	BCA II
125 UDAY KUMAR HARI	BCA II
126 VIVEK KUMAR	BCA II
127 PRIYA MISHRA	BCA II
128 SACHIN SINGH	BCA II
129 SUNNY SAHANI	BCA II
130 HARSH KUMAR	BCA III
131 JAGESHWAR SINGH	BCA III
132 MUNIR KHAN	BCA III