

SUBMISSION OF REPORT**GUEST LECTURE**

Name of the Event	Guest Lecture on “Stress & it’s Management amongst Students”
Name of the Resource Person	Ms. Manisha Vig Kardam, HR & Admin Manager, United Group of Companies, Green Planet Waste Management Pvt. Ltd.
Day & Date	Friday, 23 rd July 2021
Time/ Duration	11AM onwards
Attended by	BBA first year students and faculty members
Number of Students participated	70-75
Venue	ZOOM Platform, Online

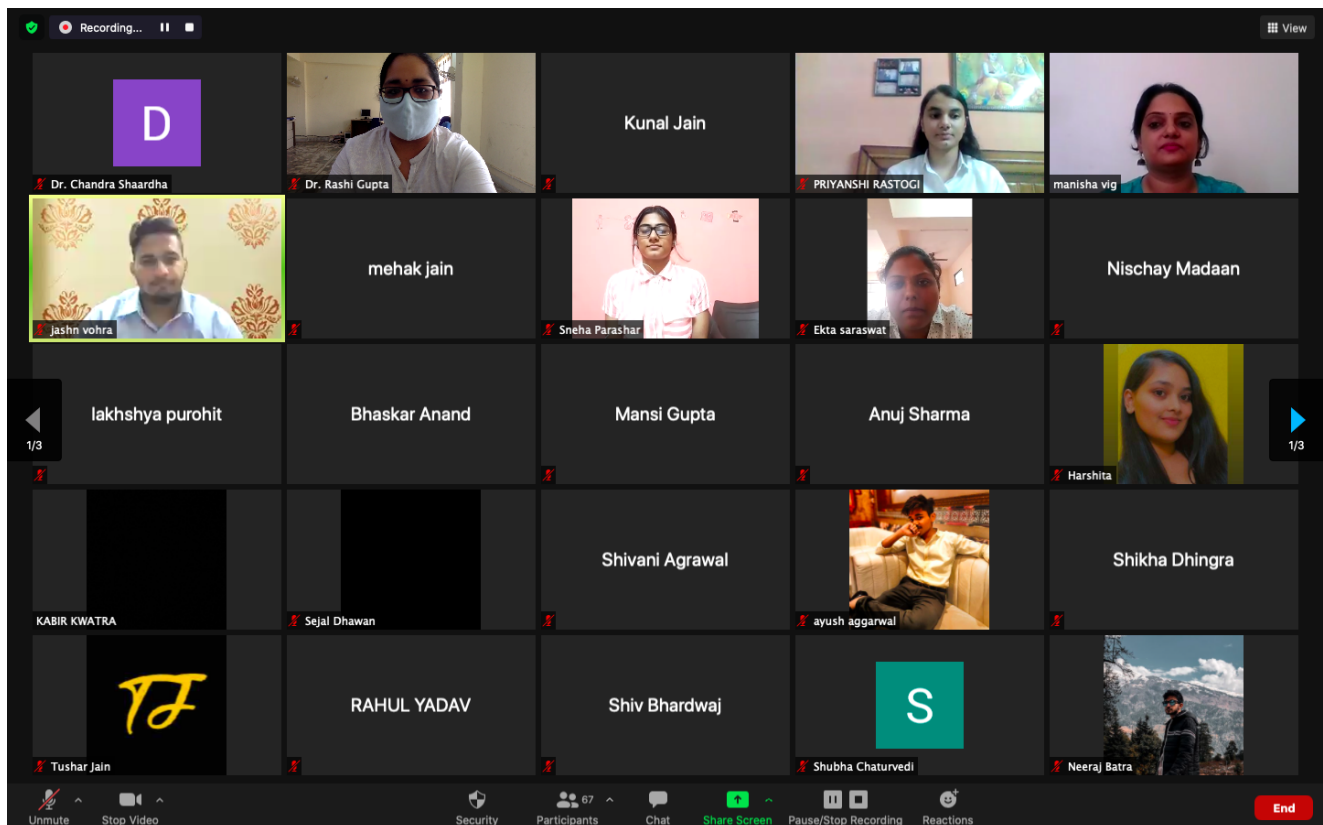
The BBA Department of JIMS Engineering Management Technical Campus, Greater Noida organised a Guest Lecture on “Stress & it’s Management amongst Students” on Friday, 23rd July, 2021. Ms. Manisha Vig Kardam, HR & Admin Manager, United Group of Companies, Green Planet Waste Management Pvt. Ltd. was the resource person, her area of expertise is HR and she is also o cerified yoga trainer.

Dr. Shikha Jalota, Associate Professor, BBA welcomed the guest and thanked her for accepting the invitation.

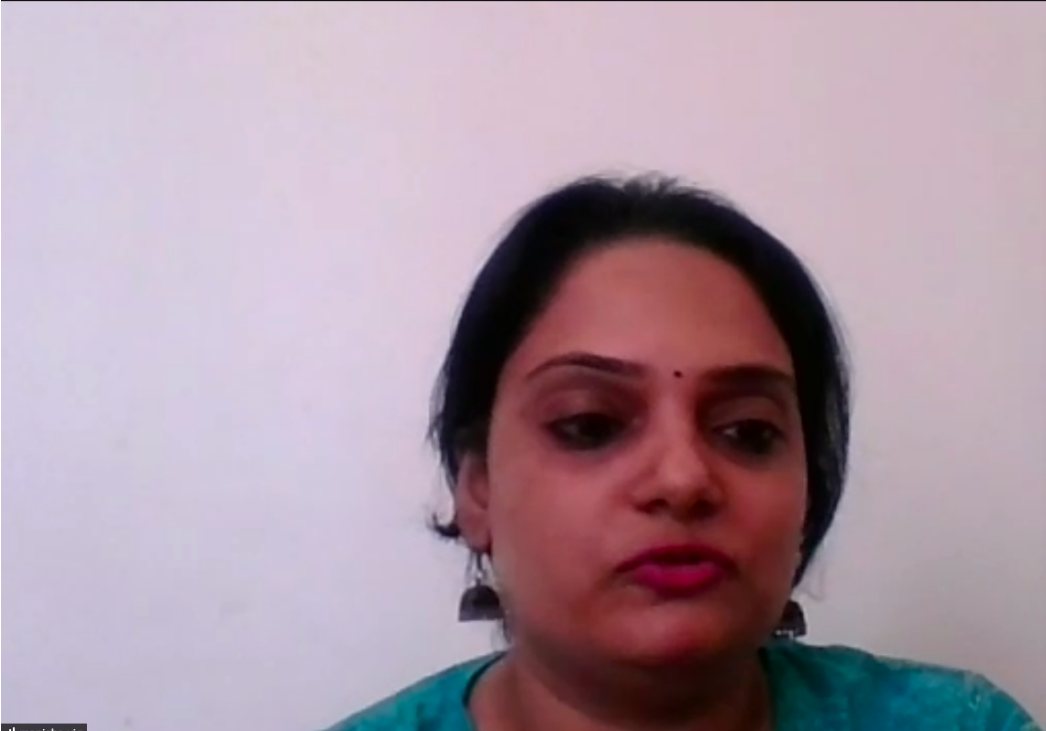
This guest lecture was conducted with an objective to manage stress amongst students which helped students achieve the following objectives: Understand the nature of stress and its impact on health and behaviour. Recognize the stressors and signs of stress in their own lives. They also recognized the cognitive components of stress, especially the effects of one's automatic thoughts and internal dialogue on appraisal of stressors.

Ms. Kardam talked about various relaxation methods to reduce muscle tension related to stress, about cognitive techniques to increase accurate appraisal of stressors, specific behavioural techniques for reducing the degree of stress and distress, a problem-solving strategy for dealing with situations that are stressors or potential stressors, Integrate cognitive and behavioural coping strategies in their daily lives.

Dr. Rashi Gupta, Assistant Professor, BBA gave vote of thanks and expressed gratitude towards the guest for giving her valuable time to the students. Dr. Rashi Gupta, Assistant Professor, BBA coordinated for the event to be a success. Ms. Kardam answered all the questions of the students diligently. The lecture was highly, informative, practical, needed and interactive for all the students. Overall it was a learning experience.



Recording... View



Dr. Rashmi Gupta

manisha vig

jashn vohra

Dr. Shikha Jalota

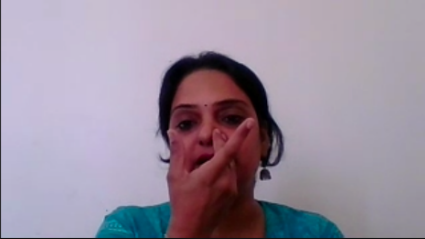

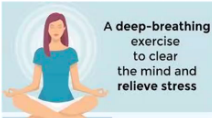
PRIYANSHI RASTOGI

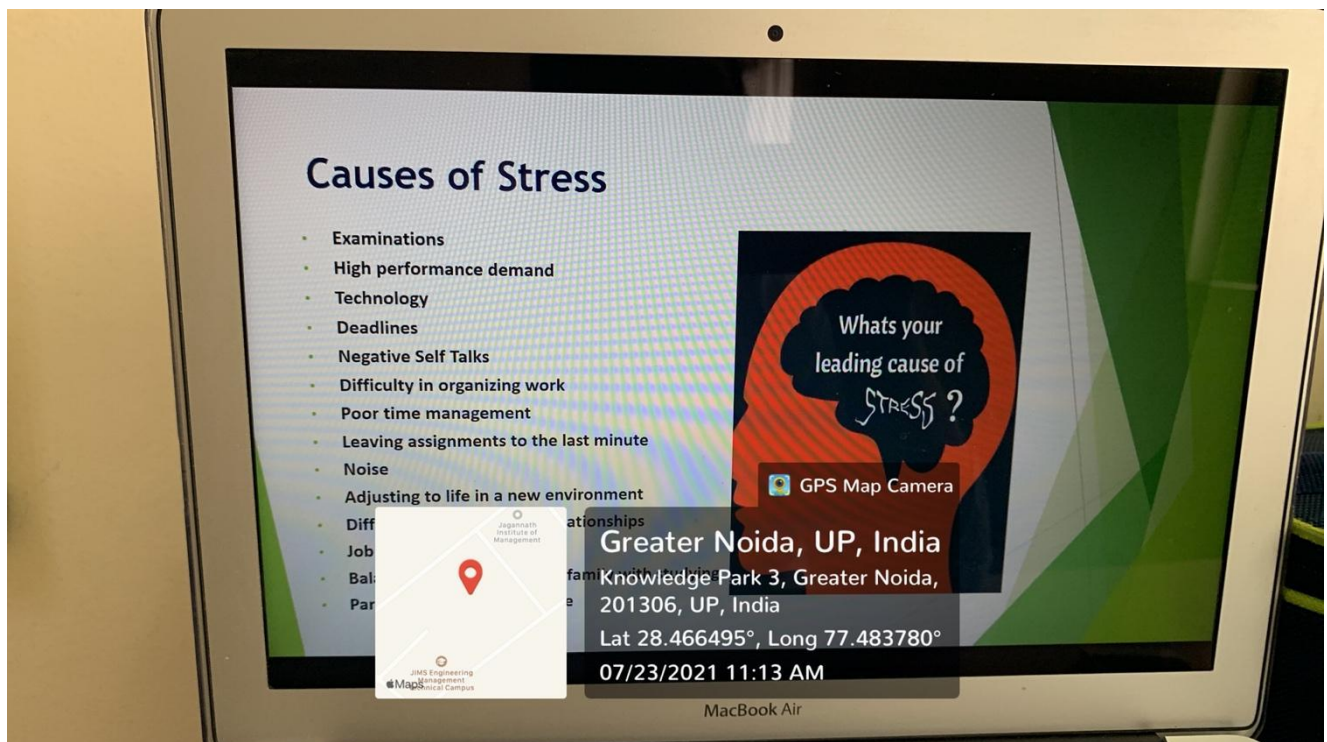
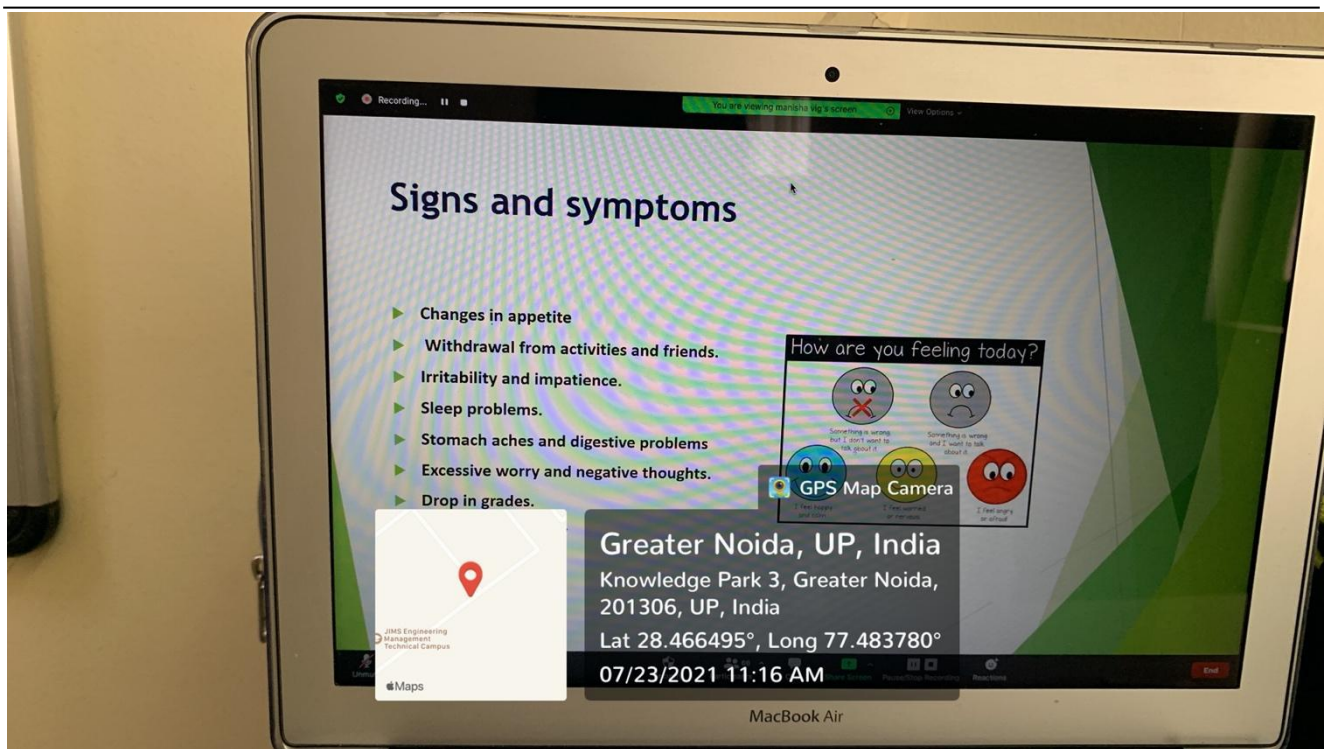
Unmute Start Video Security Participants 62 Chat Share Screen Pause/Stop Recording Reactions End

Recording...

Activity

IN TIMES OF STRESS, RETURN TO YOUR BREATH.







The image shows a Zoom meeting interface. The main screen displays a slide from JIMS Engineering Management Technical Campus. The slide text reads: "Department of Management Studies (BBA) is organizing a Guest Lecture on 'Stress and it's Management amongst Students' by Ms. Manisha Vig Kardam, HR & Admin Manager, United Group of Companies, Green Planet Waste Management Pvt. Ltd. The lecture is scheduled for Friday, 23rd July 2021, at 11 AM onwards." A Zoom logo is visible in the bottom left of the slide. On the right side of the interface, there is a vertical list of participants: Vageesha Agarwal (who entered the waiting room), Kunal Jain, and Simardeep Singh. The top of the interface shows standard Zoom controls like Unmute, Start Video, Security, Participants, New Share, Pause Share, Annotate, Remote Control, and More.

JIMS Engineering Management Technical Campus

Vageesha Agarwal entered the waiting room

Department of Management Studies (BBA) is organizing a

Guest Lecture on

"Stress and it's Management amongst Students"

Ms. Manisha Vig Kardam

HR & Admin Manager, United Group of Companies, Green Planet Waste Management Pvt. Ltd.

Friday
23rd July 2021
11 AM onwards

zoom

Kunal Jain

Simardeep Singh