



# Maharaja Agrasen Institute of Technology

## Department of Management, MBA

Dossier

On

Webinar on Stress Management

Held On

30<sup>th</sup> June 2021 (Wednesday)

**MAHARAJA AGRASEN INSTITUTE OF TECHNOLOGY**  
(Approved by AICTE & Affiliated to GGSIP University)

**DEPARTMENT OF MANAGEMENT (MBA)**

Under the Aegis of IQAC  
presents  
Online Course on

E-certificate  
to all  
participants

**“Stress Management”**

30<sup>th</sup> June 2021, Wednesday (3:00 PM to 4:30 PM)

Event Joining Link (MS Teams) <https://tinyurl.com/5dnw7z8w>

**Presenter**

**Mr. Ankur Ahuja**  
Assistant Professor, MBA Department, MAIT

**Faculty Coordinators : Mr. Rajiv Jain, Dr. Sukhvinder Singh**

<b>S. No.</b>	<b>Particulars</b>	<b>Page No.</b>
<b>1.</b>	Form-A : Proposal to organize an event	<b>3</b>
<b>2.</b>	Form B : Part I - Aim of the event Part II – Abstract Part III –Conclusion Part IV – Snap Shot	<b>4</b> <b>4</b> <b>5</b> <b>6</b>

**Event In charge:**

Dr. Sukhvinder Singh : Assistant Professor

Mr Rajiv Jain : Assistant Professor

Dr. Amit Gupta

HOD, Department of Management, MBA

Prof. ( Dr.) Neelam Sharma

Director, MAIT

## **FORM A**

### **Proposal:**

**Name of the Event:** Webinar on Stress Management

**Platform** : MS Teams

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

**Time** : 3:00 PM – 4:30 PM

**Organized By** : Department of Management, MBA, MAIT

### **Motivational Objective of the Event:**

Stress is becoming a major in modern life. It reduces the productivity of individuals, leads of lack of motivation & various illness like Hypertension, depression, obesity etc. As per a report published by Forbes magazine on 30<sup>th</sup> January, 2020, Mumbai is the second most stressed city in the world followed by Tokyo. Stress is the natural response of the body to some events, which make you feel overwhelmed and unable to cope with the situation. A sequence of psychological and physiological shifts in our bodies occur when danger is sensed, stress for many people builds up to a level that seems too difficult to manage. The idea of conducting a stress management webinar is to give students the resources they need in their life to cope with the stress.

## **Form B**

### **Part 1**

#### **Aim of the event:**

This webinar provided students an opportunity to learn, how to manage their stress in day-to-day life. The webinar helped students

- 1) To understand the ill effects of stress on humans
- 2) To understand various tips to manage stress.
- 3) To learn the art of positive thinking.

### **Part 2**

#### **Abstract:**

Maharaja Agrasen Institute of Technology, Department of Management (MBA), organized a webinar on Stress Management on June 30, 2021. The resource person was Mr. Ankur Ahuja, Assistant Professor at Department of Management, MAIT, Delhi. Participants were first year students of Department of management. Objective behind this webinar was to enable students to reduce their stress level & manage it effectively.

Session began with a light discussion on the mentioned topic, “Problems can-not be avoided but Stress can be avoided.” Head of the Department Dr. Amit Gupta motivated students to participate & make it a lively session.

Session continued with different types of Stress, how stress affects us, physically, mentally & emotionally. During the session, students shared their experiences, how stress had affected them in past & what all they did to overcome that stress.

Session focused on ill effects of stress on individuals, A short NLP exercise was conducted with students, He explained how shall the process of unlearning takes place & how bad memories are suppressed by our mind. Speaker shared his life experiences with students, in order to connect with small issues of day-to-day life.

Later in his talk, he discussed various methods, which can help students to avoid stress in their life, benefit of positive thinking & art of finding something positive in everything. Importance of good habits & learning how & when to say no in life.

Mr. Ankur Concluded the session by sharing the importance of developing good habits & how shall we maintain them to fight with stress. Students. Post presentation, query handling session was there, students enthusiastically participated with their queries

## **Part 3**

### **Conclusion**

Mr. Ankur Concluded the session by sharing the importance of developing good habits & how shall we maintain them to fight with stress. Students. Post presentation, query-handling session was there, students enthusiastically participated with their queries. 77 Students attended session.

## Snap Shot:

