

**WEBINAR
ON
Stress Management**



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

“Stress Management”

30th 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

E-certificate to all participants

Organiser: Department of Management, Maharaja Agrasen Institute of Technology

Date: June 30, 2021

Timings: 3:00 pm to 4:30 pm

Venue: MS Teams

Faculty Coordinators: Dr Sukhvinder Singh & Mr Rajiv Jain

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 Maharaja Agrasen Institute of Technology. Participants were first year students & faculty members of Department of management. Objective behind this webinar was to enable student to cope up with stress that is affecting their productivity.

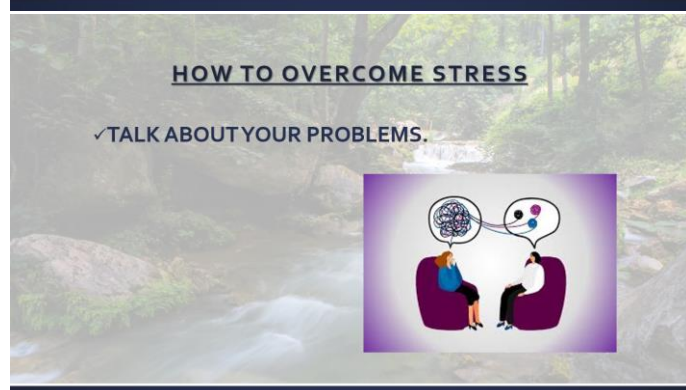
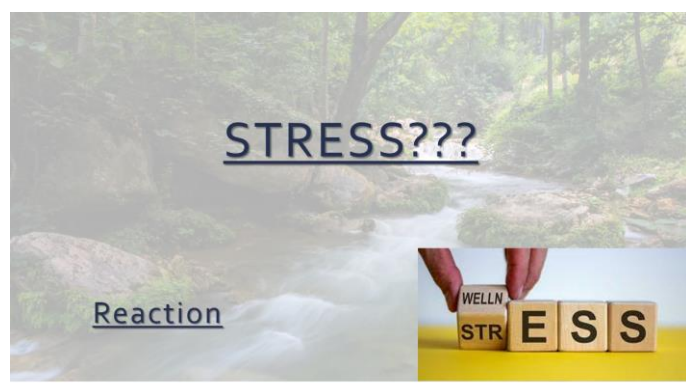
Session began with a light discussion on the mentioned topic, “Problems can-not be avoided but Stress can be avoided.” Head of the Department Dr. Amit Gupta motivated students to participate & make it a lively session.

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. Total 77 Students attended the session.



HOW TO OVERCOME STRESS

- LEARN TO SAY **NO**



LEARN
TO SAY
NO

A close-up photograph of a hand holding a small, rectangular, light-colored card. The card has the text 'LEARN TO SAY NO' printed on it in a bold, sans-serif font. The word 'NO' is significantly larger and bolder than the other words. The background of the entire image is a soft-focus photograph of a forest stream with a small waterfall, surrounded by lush green trees and rocks.