

REPORT ON

GUEST SESSION ON “STRESS MANAGEMENT”

Day: Tuesday **Date:** 10th October, 2023 **Time:** 02.30 PM - 04.30 PM

Total Number of Participants: 78 **Class:** MBA I

Category: Institute Level

Objectives:

- To help you break the hold stress has on your life, so you can be happier, healthier, and more productive.
- To lead a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on.
- To provide knowledge for students and teachers about work stress and its preventions
- To introduce students and teachers about important topics that would otherwise be omitted from the classroom experience

Resource Person:

Name- Deepali Raskar
Contact No. - 9673995851
Email id- deepali42@gmail.com

Session Summary:

Guest lecture on Stress Management was arranged on 10th October 2023, Tuesday at 02:30 pm. Session speaker Deepali Raskar Madam had arrived in RMD Sinhgad School of Management Studies, seminar hall at 02:30 pm. Student Co-ordinator Diksha Ghorpade from MBA-I welcomed Deepali Raskar and was felicitated by Dean, Dr. Swati Vijay.

She started the session with meditation where students participated in quick meditation session to help relieve stress. She shared about her qualification and professional experiences. She gave introduction of Stress and Stress Management with day-to-day life examples. She did also thrown lights on increased need of stress management at professional workplace across the globe. She has spotlighted on:

- Types of Stress.
- Management of stress at home & at workplace
- Work Stressors
- Spiritual Aspects

She also highlighted the problems which are caused by stress if stress management is not done properly. She taught the students on how to maintain a healthy work life balance with the help of stress management.

At the end question and answer session conducted by guest for students. This session was completed at 04:15 pm. Student co-ordinator Asmita More gave the vote of thanks.

Outcome of the session:

After the session on Stress Management, participants gained valuable insights into types of stress and its management.

The key outcomes of the session were:

- Preventions of stress through –
 1. Freedom technique (pressing the 9 meridian points by oneself)
 2. Breathing Techniques to overcome stress.
 3. Basic Remedies like Yoga, exercise, dance, singing, painting, etc hobbies what one may have.
- Real-life insights into Stress management.
- How the spiritual aspects can help recover from stress.
- Knowledge about Panchamahabhutas.
- Process to avoid stress.

Overall, the outcome of the session empowered participants with valuable knowledge and insights into the stress management. They left with a clear understanding of how stress management is beneficial in working and healthy personal life. Also adapted to meet the needs of a rapidly changing organisational behaviour and teams to succeed in the modern day business environment.

Name of Student Coordinators:

Roll No.	Name of the Students
15	Diksha Bhosale
90	Asmita More

Name Faculty Coordinators:

Mrs. Komal Bankar

Mr. Sarvesh Rasal

Event photos:



Dr. Swati Vijay Madam felicitating the session speaker Deepali Raskar madam.



Students and faculties doing meditation under the guidance of Deepali Raskar madam.



Session speaker Deepali Raskar madam sharing knowledge to students and faculty members.



Students performing the Stone Therapy session under the guidance of Deepali Raskar madam.

Dr. Swati Vijay
Dean RMDSSOMS