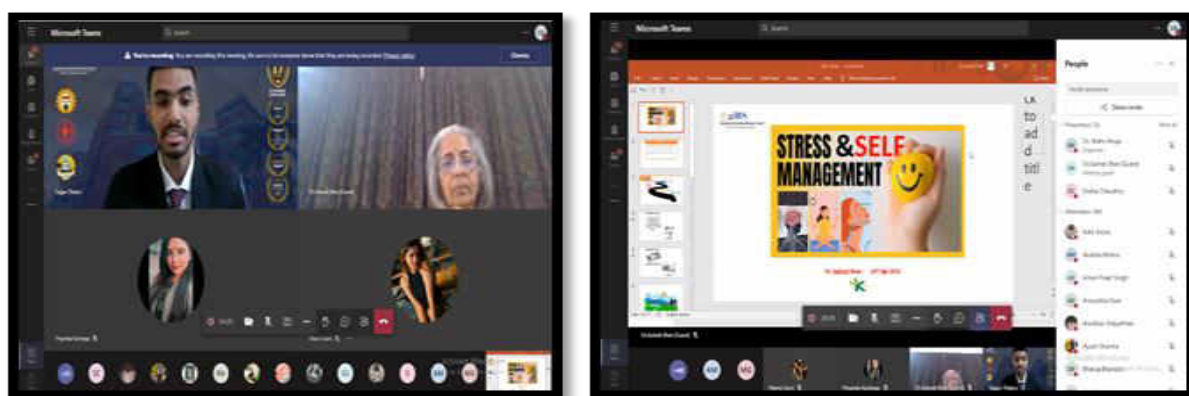


# COPING STRESS AND SELF MANAGEMENT

10<sup>th</sup> FEBRUARY, 2022

Gitarattan International Business School under Internal Quality Assurance Cell (IQAC) organized an online personality development workshop on 10th February, 2022 for the students of MBA and MBA (International Business) fourth semester. The theme of the workshop was “Coping Stress and Self Management”. The event aimed to guide students how to combat stress by managing their life efficiently. The resource person for the workshop was Dr. Kalindi Bhat-Consultant, Coach and Facilitator, Pragati Leadership.



Dr. Kalindi initiated the session with two objectives: To make students aware of self dimensions and to identify the key skills necessary to deal with the stress. To fulfill the above mentioned objectives she held a discussion with the students on concepts like restricting oneself or enjoying the moment, taking risks and unfolding one's own potentials. She acquainted students with the four dimensions of self- Physical, Social, Spiritual and Mental. Dr. Kalindi Bhat assigned various break rooms to different groups of students and asked them to perform the following activities:

- (i) Relate your life with any movie title and explain what similarities they observe between the movie and their life.
- (ii) Describe the stressful situations and how they handled them.

The concluding section of the workshop highlighted the importance of developing a positive perspective. Students watched a video which helped them to understand the difference between positive and negative responses. The resource person motivated students to prioritize their tasks to live a balanced life which will eventually lead to a harmonious stress-free existence.

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