

PDW: Stress and Self Management
On
13th March, 2023

Gitarattan International Business School organized “PDW” – **Stress and Self Management** on **13th March 2023**. The key speaker of the event was “Dr. Rajiv Sharma- *A Psychiatrist and motivational Speaker*”

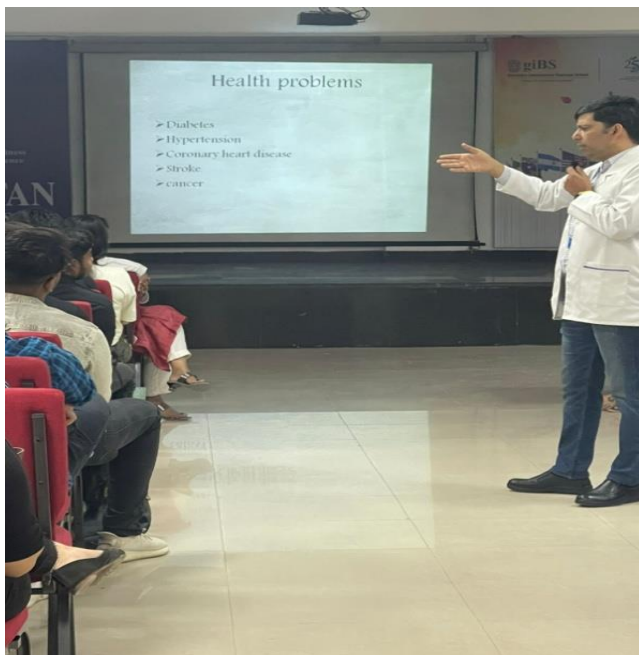
Dr. Rajiv Sharma initiated the session with two objectives as to make students aware of self dimensions to be effective and to identify the key skills and attitudes to deal with the stress. To fulfil the objectives she involved the students in discussion on various concepts like restricting oneself or enjoying the moment; taking risks; unfolding the own potentials; the 4 dimensions on self- physical, Social, Spiritual and mental. Further he mentioned some Health issues caused by Stress and also told how they can overcome by changing lifestyle.

The following points were covered in the session:

- Stress created by other and also about stress created by oneself
- How the basic needs(Sleep, eat, exercise) helps to overcome depression if putted on priority
- Money Management
- Why some people were stressed when **COVID-19** lockdown occurs
- Also told about the different stress of men and women which revolved around Gender sensitization
- How outing or outdoor activities helps everyone to learn or to beat stress

Dr. Rajiv Sharma also shared is personal life experiences and gave confidence to students to share theirs. In result number of students shared their problems and many of them overcome the hurdles.

Some Glimpse of the event



Prepared by: Ms. Sheetal Sherawat

TYPE OF EVENT <i>(PDW/Seminar/Jurist Day/Annual Event/ ALS/ PLS/Co-curricular etc.)</i>	PDW
VENUE	Auditorium (Ground Floor)
TIME & DURATION	13 th March 2023, (10:00 AM- 12:00PM)
CONDUCTED BY <i>(e.g. CLS-GIBS, IIC, Club, IIPC etc.)</i>	PDW
ORGANISED FOR <i>(Course Name & Semester)</i>	BBA Morning Shift (2 nd Semester)
NAME OF THE COORDINATOR	Ms. Sheetal Sherawat
ATTENDANCE <i>(Mention no. of students attended the event)</i>	102 Students
RESOURCEPERSON <i>(Name of the Resource Person, Designation, Organization)</i>	Dr. Rajiv Sharma <i>A Psychiatrist and motivational Speaker</i>
OBJECTIVES OF THE EVENT	<ol style="list-style-type: none"> 1. Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. 2. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. 3. Understand how stress works and develop sustainable behaviours Develop their personal resources and avoid stress “overdraft”. 4. Utilize effective relaxation and stress reduction techniques Develop a Personal Action Plan for Stress Management

LEARNING OUTCOME	<ol style="list-style-type: none">1. Student understood effectiveness of stress management.2. Developed understanding of importance of balanced life, with time of work, relationships, relaxation, and fun.3. Explored various relaxation and stress reduction techniques.
-------------------------	---