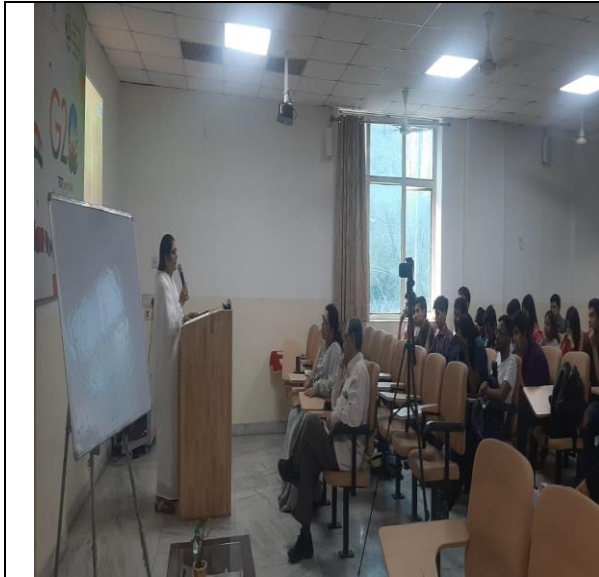


PERSONALITY DEVELOPMENT WORKSHOP
SELF AND STRESS MANAGEMENT
ON
29TH MARCH, 2023



Gitarattan International Business School under Internal Quality Assurance Cell (IQAC) organized an online Personality Development Workshop on 29th March 2023 for the students of BBA (2nd Shift) 4th semester. The theme of the workshop was “Self and Stress Management”. The event aimed to discuss how college students can cope with stress and what self-management and what techniques they can adopt to overcome various forms of stress they face specifically in the current scenario. The invited resource person for the event was B.K. Madhu – Director and Media Coordinator, Brahma Kumari’s Centre, Faridabad.

With the serenity of a saint, B. K. Madhu immediately struck a chord with the students and faculty at Gitarattan International Business School. She explained how "Uncertainty today is a way of life. What is more uncertain today is how we respond to a situation". Students immediately related this with the upheaval in the society during Pandemic times and how unpredictable everyone's jobs and lives were.

She further talked about regulation of stress and anger which is a need of the present scenario. She laid emphasis on the fact that there is a need of stress and anger free life. She highlighted the importance of identifying our own stress and its management through simple meditation techniques. The following points were covered in the session:

- We should be polite when someone gets angry with us.
- We should create good thoughts inside us when nothing outside is going according to our will.
- We should never use negative words like don't, never, nor in our lives otherwise as they make us negative.
- Leading by influence is important and this influence should be in a positive direction which should be casted by positive values like love, respect and a beautiful relation between the leader and the team, teachers and the students. This type of influence accepts and respects the qualities and abilities of others. Let them use their power to discern what is right and what is wrong and make them feel more connected, which brings the best and every one allowing them to improve and grow simultaneously.
- We need to bring patience in our life. There are most cases in our life where we can avert the wrong situation only by keeping patience.
- Be ready for challenges because a smooth sea never made a skillful sailor.
- We should try to add peace, help, punctuality, discipline, integrity, love, Forgiveness and coordination in our life.

Towards the end of the session, B.K. Madhu also gave demonstration of small meditation techniques which make great help in relieving stress. The overall coordinator of the event was Ms. Soumya Agarwal, Assistant Professor, GIBS and Dr. Urvesh Chaudhery proposed a vote of thanks.

**PERSONALITY
DEVELOPMENT
WORKSHOP**

**“Self and
Stress
Management”**

**BBA - 2ND SHIFT
(4TH SEMESTER)**



Gitarattan International Business School
Grade 'A' Accredited by NAAC



**WEDNESDAY
29th MARCH**



12:00 PM - 01:00 PM

BK MADHU

DIRECTOR AND
MEDIA COORDINATOR
OF BRAHMA KUMARIS CENTER,
SEC - 46, FARIDABAD

TYPE OF EVENT <i>(PDW/Seminar/Jurist Day/Annual Event/ ALS/ PLS/Co-curricular etc.)</i>	PDW
VENUE	Seminar Room (First Floor)
TIME & DURATION	12 Noon – 01:00 PM, 180 minutes
CONDUCTED BY <i>(Example: CLS-GIBS, IIC, Club, IIPC etc.)</i>	GIBS
ORGANISED FOR <i>(Course Name & Semester)</i>	BBA E4A, BBA E4B and BBA E4C
NAME OF THE COORDINATOR	Ms. Soumya Agarwal

ATTENDANCE <i>(Mention no. of students attended the event)</i>	84
RESOURCE PERSON <i>(Name of the Resource Person, Designation, Organization)</i>	B.K. Madhu Director and Media Coordinator at Brahma Kumari Centre, Faridabad
OBJECTIVES OF THE EVENT	a) To manage emotions and stress at workplace and otherwise in life. b) To master, reduce or manage stress and stressors that occur in daily life. c) To inculcate in them the self management skill to cope up with the stressful situations.
LEARNING OUTCOME	The students learned new techniques of managing the day to day stress.
LINK OF YOUTUBE VIDEO	https://youtu.be/ngTPTIDwGzs