



SHRIRAM SWAROOP MEMORIAL COLLEGE OF MANAGEMENT

Tewariganj, Faizabad Road
Lucknow-226028



“Stress Management”


(Activity Report)

Session 2021-22

Date: 24 -06-2022

Sample Summary Report

1	Title:	“Stress Management”	
2	Objective:	The objective of the session was making students aware of stress management techniques among students.	
3	Event Description:	This session was organized with an objective of getting all the students familiarized with benefits of stress management techniques in our day to day lives. Our speaker, Tanya Dixit ma'am, introduced students with the meaning of stress. She told how the symptoms sometimes seem to be stress but they both are different. Tanya Dixit ma'am explained us with the help of several examples, how people should adopt a stress-free mind and keep it intact despite facing challenges. She also taught us different techniques to overcome the troubles of life being created by ourselves, i. e. They are illusions.	
4	Program Date:	24-06-2022	Time: 10:00am-11:00 am
5	Venue:	Seminar Hall (A-block)	

<p>6</p> <p>Poster of Event:</p>		 <p>Topic- Stress Management</p> <p>Speaker- Tanya Dixit (Counsellor SRMCEM)</p> <p>Time-10:00Am-11:00Am Date-24th june, 2022 Friday</p> <p>Venue- D-205</p>
<p>7</p> <p>Resource Person:</p>		<p>Our Guests of the session.</p> <ol style="list-style-type: none"> 1- Dr. Santosh Kumar Dwivedi HOD,BCA 2- Dr. Rajeev Tripathi IIC Cell Coordinator 3- Mr. Shadab Ali BCA Faculty Member
<p>8</p> <p>Target Group:</p>		<p>All Students of BCA 1st Year</p>

9	Program Schedule:	<table border="1"> <thead> <tr> <th data-bbox="480 241 624 275">Sr.No</th> <th data-bbox="624 241 1203 275">Event</th> <th data-bbox="1203 241 1513 275">Timing</th> </tr> </thead> <tbody> <tr> <td data-bbox="480 275 624 344">1</td> <td data-bbox="624 275 1203 344">Welcome Address by Ms. Nivedita Singh member (IIC)</td> <td data-bbox="1203 275 1513 344">10:10 -10:10 am</td> </tr> <tr> <td data-bbox="480 344 624 436">2</td> <td data-bbox="624 344 1203 436">A brief introduction of IIC and about Ms. Tanya Dixit.</td> <td data-bbox="1203 344 1513 436">10:10 - 10:15 am</td> </tr> <tr> <td data-bbox="480 436 624 573">3</td> <td data-bbox="624 436 1203 573">Guest speaker addressed the session and share all productive knowledge and his experience about Stress Management with help of worksheet.</td> <td data-bbox="1203 436 1513 573">10:15-:10:45 am</td> </tr> <tr> <td data-bbox="480 573 624 642">4</td> <td data-bbox="624 573 1203 642">A separate doubt clearing session conducted by Speaker.</td> <td data-bbox="1203 573 1513 642">10:45-10:50 am</td> </tr> <tr> <td data-bbox="480 642 624 719">5</td> <td data-bbox="624 642 1203 719">A Question answers session organized by Guest Speaker.</td> <td data-bbox="1203 642 1513 719">10:50-10:55 am</td> </tr> <tr> <td data-bbox="480 719 624 795">6</td> <td data-bbox="624 719 1203 795">A group photo session with guest, IIC team members and wining team participants.</td> <td data-bbox="1203 719 1513 795">10:55-10:58 am</td> </tr> <tr> <td data-bbox="480 795 624 869">7</td> <td data-bbox="624 795 1203 869">Vote of Thanks</td> <td data-bbox="1203 795 1513 869">10:58-11:00 am</td> </tr> </tbody> </table>	Sr.No	Event	Timing	1	Welcome Address by Ms. Nivedita Singh member (IIC)	10:10 -10:10 am	2	A brief introduction of IIC and about Ms. Tanya Dixit.	10:10 - 10:15 am	3	Guest speaker addressed the session and share all productive knowledge and his experience about Stress Management with help of worksheet.	10:15-:10:45 am	4	A separate doubt clearing session conducted by Speaker.	10:45-10:50 am	5	A Question answers session organized by Guest Speaker.	10:50-10:55 am	6	A group photo session with guest, IIC team members and wining team participants.	10:55-10:58 am	7	Vote of Thanks	10:58-11:00 am
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10	Faculty Coordinator	Name: Dr. Rajeev Tripathi Email Address: rajeev@srmcem.ac.in Contact Number: 09838491149																								
11	Summary of Event	<p>The speaker, Ms Tanya Dixit introduced students with the meaning of stress. She told how the symptoms sometimes seem to be stress but they both are different. Tanya Dixit ma'am explained us with the help of several examples, how people should adopt a stress-free mind and keep it intact despite facing challenges. She also taught us different techniques to overcome the troubles of life being created by ourselves, i. e. They are illusions.Ma'am gave the students a worksheet to keep a record of their stress and analyze that what things disturb them more, and she taught us to perform different poses and yogasanas. She also added examples in between her major explanations to let us to dissolve the topic in our lives in a more better way. The team members Ms. Nivedita Singh and Mr. Saurabh Awasthi did the compering. The questions put up by the audience well answered by Guest Speaker. The second phase of the doubt clearing session organized by Speaker IIC team. The event was concluded with the vote of thanks by an IIC member Ms. Mushkan Khan.</p>																								
12	Press Release	NA																								
13	Photographs	Pic:1																								



Pic:2



Pic:3



Pic:4



Pic:5



Pic:6



Pic:7

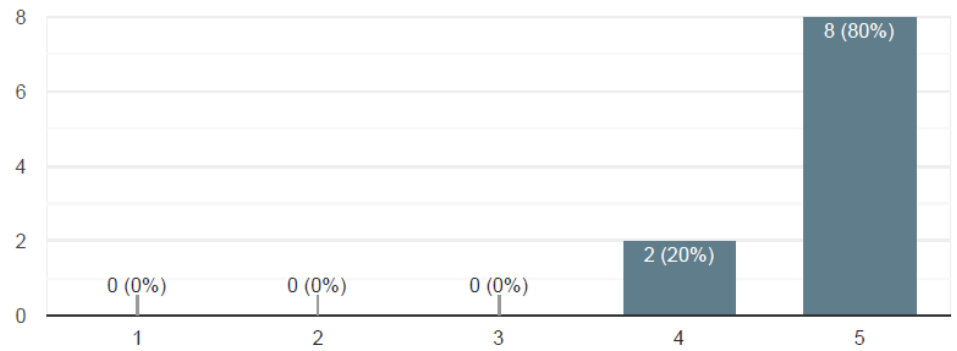


14	Social Media Link	<p>Facebook: https://m.facebook.com/story.php?story_fbid=pfbid02Nmf9v8eJvwmdfmbegGUCD1iNGSkxMiVHm4skeAzthmL8Vb6vWSukjU5NbC1xgbEUI&id=100060893720869</p> <p>Instagram: https://www.instagram.com/p/CfbppDZPkNS/?igshid=MDJmNzVkMjY=</p> <p>Twitter: https://twitter.com/IIC_SRMGPC/status/1542509321505742849?s=20&t=UFHLdWVA5ARv-8zt1qMw5A</p> <p>YouTube: https://youtu.be/eq8VOEAq4Yg</p>
15	Attendance Summary	<p>Student:44 Faculty/staff:01</p>
16	Budget Summary	<p>NA</p>
17	Feedback Analysis	

How was the speaker?

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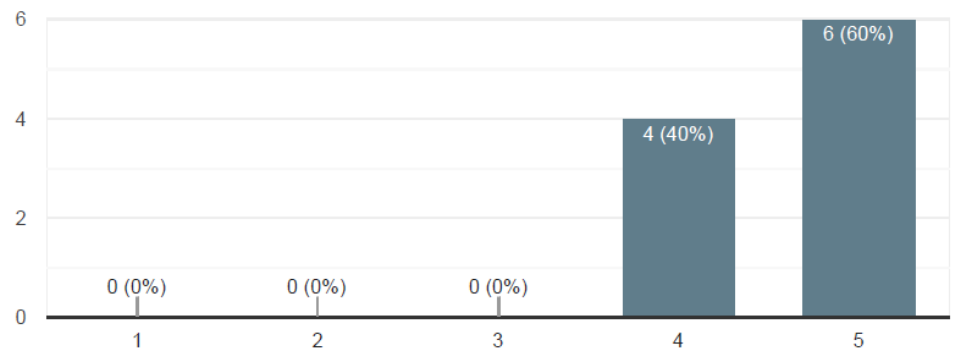
10 responses



How satisfied were you with the event?

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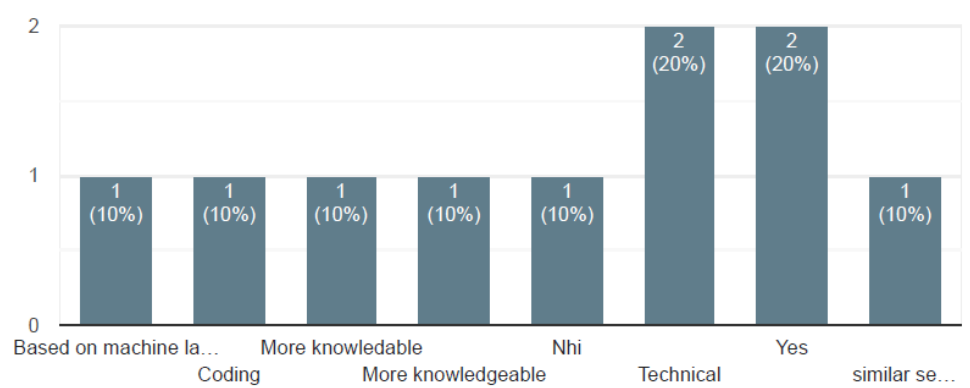
10 responses



What type of events do you want in future?

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10 responses



Dr. Rajeev Tripathi

Activity Coordinator