

REPORT ON

“STRESS MANAGEMENT”

On 30th August, 2019 B. V. Patel Institute of Commerce organized expert session on Stress Management and Etiquettes for second year and final year students of B.Com, Integrated M.Com, BBA and M.Com. the session started by UTU Anthem and introduction of guest Master Ratnadeep Joshi by Dr. Yagna Vyas and welcome by Dr. Arpana Patel. The session included grooming techniques like handshakes, walking, sitting, visiting card offerings etc. to project yourself and Be what you are.

The session integrated practical activities; realize competition; confidence building and learning attitude; adapt change; improvise learning attitude and how to survive in competition.

He focused on how to manage stress by reducing expectations and stop judging the situations.

The session adopted the processes demonstration-cum-discussion, presentation/lecture-cum discussion, and film / video viewing.

Total 400 students attended the session with enthusiasm and zeal.

Lastly the session concluded by vote of thanks given by Vaishali Pillai and Dr. Arpana Patel presented memento to the expert. Concluded the session by National Anthem.

