

**Report on**  
**Webinar on Empowering Workplace: Managing Stress for Better Performance**  
**Date: 26.5.23**

**Organized by**  
**Department of Management Studies in collaboration with**  
**All India Management Association**

**Resource Person**  
**Ms.Eva Kovac**  
**Vice President,24alife,**  
**Rochester, USA**

**Participated Students : 120, I year MBA Students**

**Submitted by: Dr.Prem Knowles S,Assistant Professor & EDC Co-ordinator,**  
**Department of Management Studies.**

**MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE**  
(UGC-AUTONOMOUS INSTITUTION)

**DEPARTMENT OF MANAGEMENT STUDIES & ENTREPRENEURSHIP DEVELOPMENT CELL**

**SKILL DEVELOPMENT PROGRAMME**

**Webinar on**  
**Empowering Workplace: Managing Stress for Better Performance**

**Date : 25/5/23** **Time : 11 am -12pm**

**LIVE SESSION WITH**  
**ALL INDIA MANAGEMENT ASSOCIATION, NEW DELHI**

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| Chief Patron<br>Dr. N. Vijaya Bhaskar Choudary<br>Secretary & Correspondent | Patron<br>Mrs. Keerthi Nadella<br>Executive Director | Program Chair<br>Dr. C. Yuvaraj<br>Principal              |
| Co-Chair<br>Prof. Srenmant Basu<br>HOD, MBA                                 |  | Co-ordinator<br>Dr. Prem Knowles<br>Assit. Professor, MBA |

The Department of Management has organized an online event on “Empowering Workplace: Managing Stress for Better Performance” in association with All India Management Association, New Delhi as part of skill development programme on 25<sup>th</sup> May, 2022 for the first year MBA students from 11am to 12 pm.

Dr.Prem Knowles, Asst. Professor has delivered the welcoming speech and Dr.Srinivasa Krishna,Asst. Professor has shared the importance of stress management initiatives in organizations.

This event, featuring Ms.Eva Kovac, a renowned organizational psychologist, who is passionate about creating a healthy and productive workplace delivered information about innovative tools to support employees' mental health and prevent stress-related diseases.

## Key Highlights of the Webinar:

- 1. Understanding Stress:** Gain a deeper insight into the factors contributing to workplace stress and its profound impact on employee well-being and performance.
- 2. Stress Management Strategies:** Discover practical and actionable approaches to help individuals effectively manage and reduce stress in their professional lives.
- 3. Case Studies:** Learn from real-life examples of successful stress management programs implemented in various organizations, showcasing their positive impact on employee stress levels and overall well-being.

E-certificates has been issued to all the participated students.



**Dr.Prem Knowles**  
Event Co-ordinator

**Dr. Sremmant Basu**  
HOD, MBA