

Exhibition on Stress Management Techniques

Conducted by I year II Sem MBA batch of 2021-23 students on 05 July 2022,

Report Submitted by Dr. K. V. Geetha Devi

First year students of MBA department has organised an Exhibition on Stress Management Techniques on 27 June, 2022 in WB 316. Prof>Ramanathan Vice principal Academics along with HoD Prof.Sremmant Basu inaugurated the exhibition.

Exhibition is all about awareness and types of stress and redressal techniques.

6 groups of students presented in the following manner:

Team 1 Discussed about stress, kinds of stress and highlighted about physical stress and it's symptoms.

Team 2 Shared psychological stress and its meaning, symptoms, and highlighted the age limit to get attacked.

Team 3: Presented Psychosocial stress and its meaning, symptoms, also highlighted the age limit to get attacked.

Team 4: Exhibited Psycho-spiritual stress its meaning, symptoms, and highlighted the age limit when it is vulnerable.

Team 5 & 6 have thoroughly discussed about stress management redressal techniques for all kinds of stress.

Vice Principal Academics congratulated the students and given advice to avoid stress and also to complete the task on time and never postponed the work thereby reduces increases the stress levels.

HoD congratulated and appreciated the efforts of students, and emphasised this is right way to learn the concept. Also advised students to have proper food to avoid stress.

Faculty members and students of MBA and also from other departments visited the exhibition.

I Sincerely thank the Principal, the Management & the Head - Department of Management Studies for giving me this opportunity.