



### **Department of Management Studies**

- 1. TYPE OF EVENT : Orientation Program**
- 2. TOPIC OF THE EVENT : Stress management**
- 3. RESOURCE PERSON : Dr. Sumanth, Psychiatry department, RRMCH,**
- 4. EVENT DURATION : 15-02-2023 (10.00 am to 12.00 pm)**
- 5. VENUE : Chanakya Seminar Hall**
- 6. INVITATION FOR : 1<sup>st</sup> year MBA students**
- 7. TARGET PARTICIPANTS : 1<sup>st</sup> year MBA students**
- 8. NO OF PARTICIPANTS : 110**
- 9. OUTCOME OF THE PROGRAM :**
  - **Students learnt how to reduce stress and how to improve their ability to cope up to eliminate their stress.**
  - **Students learnt to figure out what situation might cause stress and how to overcome from stress.**
  - **Students learnt that by getting quality sleep and enough sleep offers a variety of health benefits by reducing stress and improving their mood.**
  - **Students learnt that by exercise regularly like yoga, short walk and stretching can help to immense mental health benefits and helps them to relieve tension.**



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## Photo Gallery





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