



Panipat Institute of Engineering and Technology

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Department of Applied Sciences and Humanities

Ref. No. PIET/ASH/LS/19/9

Dated: 8th Aug. 2019

NOTICE

This is the information for all concerned that the Department of Applied Sciences & Humanities is organizing a workshop on stress management on August 13, 2019. The session will start at 11:00 am in the Seminar Hall (Ground Floor, E-Block). Interested students can contact Ms. Tamanna Sethi, Assistant Professor, Mathematics (9812445463).

CC:

1. All HODs
2. All Notice Boards

Head of Department

Panipat Institute of Engineering & Technology
Pattikalvana, SAMALKHA (Panipat)

REPORT ON STRESS MANAGEMENT

Event Details

Title of the Event	Stress Management
Date of the Event	13 th August 2019
Timings	11:00 am to 12:45 pm
Venue	Seminar Hall (E Block Ground Floor)
No. of Participants Attended	42
Resource Person	Dr. Suman Dahiya, Assistant Professor, MBA
Coordinator	Ms. Tamanna Sethi, Assistant Professor, ASH

The objective of the workshop is to train students with effective strategies to cope with stress and promote overall well-being.

The session was begun with a warm welcome of Dr. Suman Dahiya, Assistant Professor, MBA, expert facilitator for the session. Ms. Tamanna Sethi gave brief introduction about Dr. Suman Dahiya and invited her to address the students.

Dr. Suman Dahiya started the session with introduction and objective of the event, she covered various aspects of stress identification, prevention, coping strategies, healthy lifestyle habits, mindfulness and resilience.

The expert session on Stress Management yielded several positive outcomes for the students, including:

1. Students gained a deeper understanding of stress and its impact on overall health and well-being.
2. They learned practical techniques and strategies to manage stress effectively and enhance resilience.
3. The session empowered students to adopt healthy lifestyle habits and mindfulness practices to reduce stress and promote well-being. They also gained tools and resources to cope with academic pressure and perform better in their studies.
4. The session facilitated personal growth and self-awareness, enabling participants to develop greater self-care and resilience skills.

Dr. Suman Dahiya's expertise and guidance created a supportive learning environment where students could explore effective strategies for managing stress and enhancing resilience. The session concluded with a vote of thanks, expressing gratitude to Dr. Suman Dahiya for her valuable contribution and to the students for their active participation.

Pics of the Event: Stress Management



Picture1: Dr. Suman Dahiya, Assistant Professor, MBA – Resource person of the Session



Picture 2: Dr. Suman Dahiya explaining about Stress Management



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

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List of Students Participated (Stress Management)

S.No.	Roll.No.	Name	Signature
1	2819004	MANAV CHAWLA	Manav
2	2819006	ANIRUDH SHARMA	Anirudh
3	2819007	GAUTAM BATHLA	Gautam
4	2819008	DIVYA	Divya
5	2819009	SRISHTI	Srishti
6	2819011	KAJAL NARANG	Kajal
7	2819013	JITENDER	Jitender
8	2819014	NIDHI	Nidhi
9	2819017	JATIN DHAMIJA	Jatin
10	2819019	PIYUSH NARWAL	Piyush
11	2819021	GURVI	Gurvi
12	2819023	BHARAT WADHWA	Bharat
13	2819024	AMAN KUMAR	Aman
14	2819028	RAHUL CHAUDHARY	Rahul
15	2819029	LAKSHAY BHANDARI	Lakshay
16	2819031	SONIA MALIK	Sonia
17	2819036	AKSHAY BHATIA	Akshay
18	2819048	SAGAR	Sagar
19	2819049	MUSKAN	Muskan
20	2819056	AMAN SHARMA	Aman
21	2819217	SOURAV KUMAR	Sourav
22	2819020	AAKASHDEEP ROHILLA	Aakash
23	2819057	RISHAV KUMAR	Rishav
24	2819059	MIHIR SHARMA	Mihir
25	2819062	HIMANSHU	Himanshu
26	2819063	SHANU BATRA	Shanu
27	2819069	NAVYA	Navya
28	2819072	MD. HESAMUNE HAQUE	Hesam
29	2819077	MADEHIA CHOUDARY	Madehia
30	2819081	UPASNA	Upasna
31	2819085	NIKITA BIRUA	Nikita
32	2819088	VIPUL RATHEE	Vipul
33	2819089	PIYUSH VERMA	Piyush
34	2819092	SARTHAK SHARMA	Sarthak
35	2819093	GAURAV	Gaurav
36	2819094	RIYA TUTEJA	Riya
37	2819097	VIKAS	Vikas
38	2819102	SHAYAK JANA	Shayak
39	2819107	GAUTAM GARG	Gautam
40	2819109	GAGANDEEP	Gagan
41	2819110	JAHNVI SEHGAL	Jahnvi
42	2819003	KOMAL	Komal

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