

WEBINAR

STRESS MANAGEMENT

The Internal Quality Assurance Cell of Sri Guru Gobind Singh College of Commerce, University of Delhi, conducted a webinar on “Stress Management”, on 23rd February 2021 at 4:00 p.m. via Zoom where the speaker addressed the students and resolved their queries. Over 200 faculty members and students witnessed this webinar on the topic which is the need of the hour.

The webinar was delivered by Dr Madhulika Bajpai, Associate Professor, Bhaskaracharya College of Applied Sciences, University of Delhi under the guidance of IQAC Convenor, Dr Sangeeta Dodrajka.

The session commenced with a welcome address by Ms Chanpreet Kaur, Assistant Professor, SGGSCC. Thereafter, Dr Madhulika started with her part which made us aware of the importance of managing stress which we usually forget to cater to. She then made the students reflect upon themselves by giving them a questionnaire and this made students know whether they were under stress or not. The relationship between stress and anxiety was explained in a very precise manner by the speaker. Whenever a person is under stress, he/she doesn't know the source which triggers it. She explained the various methods which trigger stress in a person. She used the ABC (D) Technique to explain the various ways which trigger stress. A number of methods were discussed on how to manage the problem of conflicts among peers. This helped in curbing stress to a large extent. She ended the session by emphasising the different habits which can be inculcated in one's life to tackle the problem of stress.

This was followed by a Q&A session, headed by Ms Jappanjyot Kaur, Assistant Professor, SGGSCC where the attendees asked various questions mainly pertaining to high-stress levels, improving concentration, reducing anxiety etc. All the queries were aptly discussed by Dr Madhulika. Overall, it was an enriching and enlightening session that was quite fruitful for all the attendees.



SRI GURU GOBIND SINGH COLLEGE OF COMMERCE
(University of Delhi)



IQAC, SGGSCC

Presents

WEBINAR ON STRESS MANAGEMENT



Dr. Madhulika Bajpai

Associate Professor, Bhaskaracharya
College Of Applied Sciences , DU

Date: **23RD February 2021**

Timing : **2:00^{P.M.} Onwards**

Join at
rebrand.ly/iqacsggsc

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