

#### RASHTREEYA SIKSHANA SAMITHI TRUST

### RV INSTITUTE OF MANAGEMENT

CA 17, 26 Main, 36th Cross, 4th T Block, Jayanagar Bengaluru, Karnataka 560 041



Director

# Seminar Organized by RVIM

on

Stress - De stress for (MBA Batch 2022-24)

By

Ms. Kriti and Ms. Shaguna Sondhi (Interns MSc. Counselling Psychology from Christ

	Offiversity)
Date: 16th Feb 2023	Venue: Seminar Hall (RV Institute of Management)
Time: 12:45 pm to 1:45 pm	Event: Stress – De stress - Seminar
No. of Participants: 170 Section: A. B. and C. (MBA Batch 2022-24)	Event Coordinator: Asst. Professor Ankita Shrivastava

#### Objectives

 A Session on Stress De-stress to help understand oneself better and strategically deal with the situations that seem difficult.

#### The flow of the Event

- Activities to check the level of stress.
- · Session delivery on destressing.

#### Outcome Achieved:

A Session on Stress De-stress to help understand oneself better and strategically deal with the situations that seem difficult.

#### Feedback & Coordinator Comment:

The resource person Ms. Shagun and Ms. Kriti were the interns MSc. Counselling Psychology from Christ University

Event Coordinators Aulid

Prof. Ankita Shrivastava

Annexure 1 Mail communication

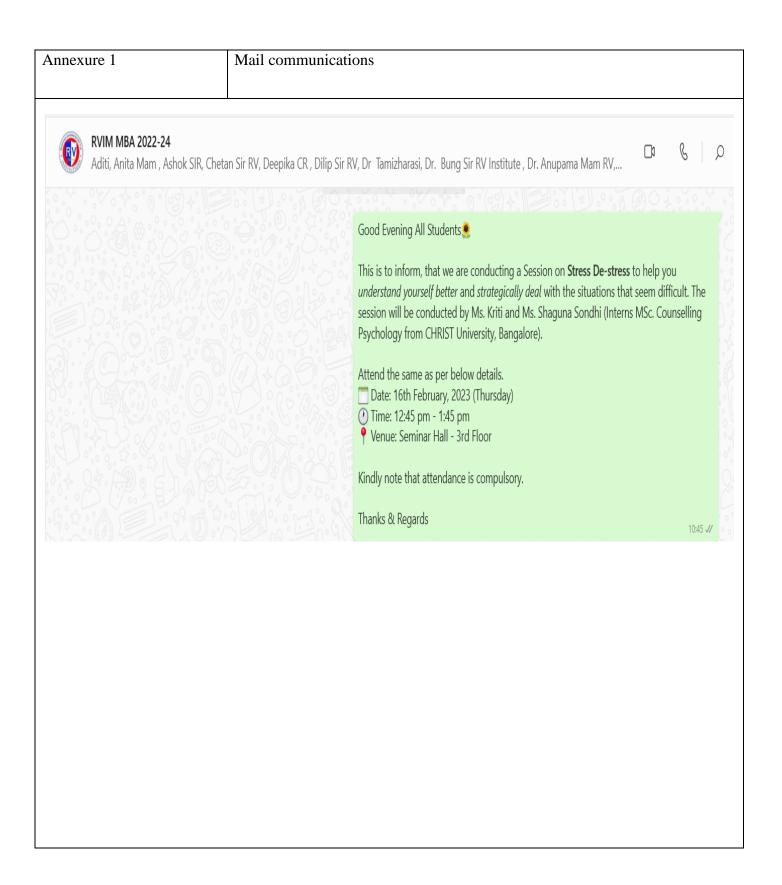
Annexure 2 Brief profile of the speaker

Annexure 3 Attendees list

## Annexure 2

## Brief Profile of the Resources Person

The resource person Ms. Shagun and Ms. Kriti were the interns MSc. Counselling Psychology from Christ University



# Annexure 2

## Brief Profile of the Resources Person

The resource person Ms. Shagun and Ms. Kriti were the interns MSc. Counselling Psychology from Christ University

# Annexure 3

## **Attendees list**

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5	AKHILA KULKARNI	- 21	16-03-2033	theta			
6	AKSHAY.S.RAIKAR		16-02 - 2023	987			
7	ANKITHA P.R.	- 24	16-02-3093	Alexander			
8	ANUBHAY JAGANNATHA NAIK	3	16-02-2023	Azubhan			
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