





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 University)	
Date: 16 th 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 <ul style="list-style-type: none">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 <ul style="list-style-type: none">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 
Prof. Ankita Shrivastava


Director

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



RVIM MBA 2022-24

Aditi, Anita Mam , Ashok SIR, Chetan Sir RV, Deepika CR , Dilip Sir RV, Dr. Tamizharasi, Dr. Bung Sir RV Institute , Dr. Anupama Mam RV,...



Good Evening All Students 🌻

This is to inform, that we are conducting a Session on **Stress De-stress** to help you *understand yourself better and strategically deal* with the situations that seem difficult. The session will be conducted by Ms. Kriti and Ms. Shaguna Sondhi (Interns MSc. Counselling Psychology from CHRIST University, Bangalore).

Attend the same as per below details.

📅 Date: 16th February, 2023 (Thursday)

🕒 Time: 12:45 pm - 1:45 pm

📍 Venue: Seminar Hall - 3rd Floor

Kindly note that attendance is compulsory.

Thanks & Regards

10:45 ✓

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

MBA - Batch 2022-24 (1st Semester)

Session Stress - Destress (Stress Management) - Attendance Sheet

Section A

Sl. No	NAME	Section	Date	Signature
1	AAPTHA SHETTY	A	16/02/23	Aa
2	ABHILASH K	A	16/02/23	Abhilash
3	ABHISHEK HEGDE	A	16/2/23	Abhishek
4	ADITI B. KHONA	A	16/2/23	Aditi
5	AJAY BHASKAR HEGDE	A	16/2/23	Ajay
6	AKSHATHA ANANTH SHET	A	16/2/23	Akshatha
7	ANUSHRUTH D	A	16/2/23	Anushruth
8	AYISHA SIDDIKHA K	A	16/02/2023	Ayisha
9	B P SHASHWATH	A	16/02/2023	B.P. Shashwath
10	BHARGAVI	A	16/02/2023	Bhargavi
11	BHAVISHYA	A	16/02/2023	Bhavishya
12	BHUVAN C WANDKAR	A	16/02/2023	Bhuvan
13	CHETHAN K N	A	16/02/2023	Chethan
14	CHILAMACHERLA VARUNESH	A	16/02/2023	Chilamacherla
15	CHINTHAN B.K	A	16/02/2023	Chinthan
16	CHIRANJEEVI RAM P	A	16/02/2023	Chiranjeevi
17	DEVIPRASAD Y	A	16/02/2023	Deviprasad
18	DINESH G	A	16/02/2023	Dinesh
19	DISHANTH	A	16/02/2023	Dishanth
20	GAURAV	A	16/02/2023	Gaurav
21	HARSHITHA S L	A	16/02/2023	Harshitha S.L.
22	K. S. RAKSHITA	A	16/02/2023	Rakshita
23	KRISTAM PREETHIKA	A	16/02/2023	Preethika
24	KUMAR RAGHAVENDRA M D	A	16/02/2023	Kumar Raghavendra
25	LAKSHIPRASAD KARNIK S	A	16/02/2023	Lakshiprasad
26	MOHAMMAD MUZAMEEL SAMAD	A	16/02/2023	Muzameel
27	NAGBHUSHAN SHIRALKAR	A	16/02/2023	Nagbhushan
28	NAVEEN S. KUMBAR	A	16/02/2023	Naveen S. Kumbar
29	NAVEENAKUMARA K A	A	16/02/2023	Naveenakumara
30	NEELAPPA VALAVATI	A	16/02/2023	Neelappa
31	NIKHIL D. HEGDE	A	16/02/2023	Nikhil D. Hegde
32	NIKITHA RAJ N	A	16/02/2023	Nikitha Raj N
33	P PRANAY	A	16/02/2023	P Pranay
34	REDDAKOTLA SHASIDHAR	A	16/02/2023	Reddakotla
35	PRARINA N BHAT	A	16/02/2023	Prarina N Bhat
36	PRAMOD B NADAGERI	A	16/02/2023	Pramod B Nadageri
37	PRAVEEN PRABHAKAR HEGDE	A	16/02/2023	Praveen Prabhakar
38	PRAVEEN S RAJ	A	16/02/2023	Praveen S Raj
39	PRIYANKA M S	A	16/02/2023	Priyanka M S
40	PRIYANKA MALLYA J	A	16/02/2023	Priyanka Mallya
41	PUSHPATHIREGOUNDAR	A	16/02/2023	Pushpathiregoundar
42	RAHUL R	A	16/02/2023	Rahul R
43	RAJESH	A	16/02/2023	Rajesh
44	RAJKUMAR	A	16/02/2023	Rajkumar
45	RAKESH A	A	16/02/2023	Rakesh A
46	RASHMI M	A	16/02/2023	Rashmi M
47	SACHIN V N	A	16/02/2023	Sachin V N
48	SADHANESH VENKATESH	A	16/02/2023	Sadhanesh Venkatesh
49	SADHAN S GOWDA	A	16/02/2023	Sadhan S Gowda
50	SANDAN C S	A	16/02/2023	Sandan C S
51	SANTHOSH J	A	16/02/2023	Santhosh J
52	SATYAKI ADAK	A	16/02/2023	Satyaki Adak
53	SHARANYA	A	16/02/2023	Sharanya
54	SHASHANK KALLESH CHOWDRY K S	A	16/02/2023	Shashank Kalleesh
55	S SHASHWATH S SHETTY	A	16/02/2023	S Shashwath S Shetty
56	SHOBHANYA INAMDAR	A	16/02/2023	Shobhanya Inamdhar
57	SOUJIKHA H C	A	16/02/2023	Soujikhha H C
58	SUBHUTI PRAKASH	A	16/02/2023	Subhuti Prakash
59	TEJAS C	A	16/02/2023	Tejas C
60	VISHAL S	A	16/02/2023	Vishal S

MBA-Batch 2022-24 (1st Semester)

Session Stress - Destress (Stress Management) - Attendance Sheet

Section B				
Sl. No	NAME	Section	Date	Signature
1	ABHINAV PRAKASH	B	16-02-2023	Abhinav Prakash
2	ADITHYA M S	B	16/2/2023	Adithya M S
3	ADITHYA P	B	16-02-2023	Adithya P
4	ADITHYA S HIREMATH	B	16-02-2023	Adithya S H
5	AKHILA KULKARNI	B	16-02-2023	Akhila Kulkarni
6	AKSHAY S. RAIKAR	B	16-02-2023	Akshay S. Raikar
7	ANKITHA P R	B	16-02-2023	Ankitha P R
8	ANUBHAV JAGANNATHA NAIK	B	16-02-2023	Anubhav
9	ARADHANA A HEGDE	B	16/2/23	Aradhana
10	ARVIND SHRINIVAS PAWAR	B		
11	AYUSHI	B	16/02/23	Ayushi
12	CHANDANA K R	B	16-02-23	Chandana
13	CHINMAYI BALACHANDRA NAIK	B	16/2/23	Chinmayi
14	D. BHAWYA	B	16-02-2023	D. Bhawya
15	DEEPIKA S MANJALUR	B	16-02-2023	Deepika S Manjalar
16	DEEPIKA K. SHETTY	B	16/2/23	Deepika K Shetty
17	DHANUSHREE K T	B	16-02-2023	Dhanushree K T
18	DIBYA SAI DALAI	B	16-02-2023	Dibya Sai Dalai
19	G BASAN GOUDA	B	16-02-2023	G Basan Gouda
20	GAUTHAM SHETTY	B		
21	GIRISHA ADITYA	B	16/2/23	Girisha Aditya
22	GLINJAN RAJU CHAUDHARI	B	16/2/23	Glinsan Raju Chaudhari
23	GURU PRASAD	B	16-02-2023	Guru Prasad
24	HRISHIKESH V. HATHISHEFF	B	16-02-2023	Hrishikesh V. Hathisheff
25	KARTHIK G BHARAVAJ	B	16-2-23	Karthik G Bharavaj
26	KARTHIK GAJANANA KOTEMANE	B	16-02-2023	Karthik Gajanan Kotemane
27	KAVITA HEMANT A	B	16-02-2023	Kavita Hemant A
28	KEERTHANA N. G	B	16/2/23	Keerthana N. G
29	KISHAN KUMAR R	B	16-02-2023	Kishan Kumar R
30	KOUSHIK KUMARA B	B	16-02-2023	Koushik Kumara B
31	M R S JAYASHREE	B	16-02-2023	M R S Jayashree
32	MANOJ B J	B	16-02-2023	Manoj B J
33	MANOJ D	B	16-02-2023	Manoj D
34	MAYUR D. NAIK	B	16/02/2023	Mayur D. Naik
35	MYTHRI R	B	16/02/2023	Mythri R
36	NITISH MALLANAGOWDA PATIL	B	16-02-23	Nitish Mallanagowda Patil
37	PAUL ABY	B		
38	PAVAN KUMAR J	B	16-02-23	Pavan Kumar J
39	PRAJNA RANI N R	B	16/2/23	Prajna Rani N R
40	PRASHANTA KUMAR	B	16/2/23	Prashanta Kumar
41	PRUTHVIRAJ GOWDA P	B	16/2/23	Pruthviraj Gowda P
42	RAKESH DANDU	B	16/2/23	Rakesh Dandu
43	RANJITH K	B	16/2/23	Ranjith K
44	RISHI SAGAR B K	B	16/2/23	Rishi Sagar B K
45	RIYA BILLAVA	B	16-2-23	Riya Billava
46	SATHVEK NARASIMHA SHASTRI	B	16/2/23	Sathvek Narasimha Shastri
47	SRIHTE JOSHI	B	16-2-23	Srihite Joshi
48	SUHAS K S	B	16-2-23	Suhas K S
49	SUMANTH KOUSHIK R V	B	16/2/23	Sumanth Koushik R V
50	SURYA K	B	16/2/23	Surya K
51	SUSHMITHA	B	16-2-23	Sushmitha
52	THARUN MADHAV G P	B	16-2-23	Tharun Madhav G P
53	VAMSHI J. LAKSHMAN	B	16-2-23	Vamshi J. Lakshman
54	VARUN N	B	16/2/23	Varun N
55	VENU KUMARI G M	B	16-02-2023	Venu Kumari G M
56	VIKRAM BORKAR	B	16-02-2023	Vikram Borkar
57	VINAYKUMAR	B	16-02-2023	Vinay Kumar
58	VINITH N SHETTY	B	16-02-2023	Vinith N Shetty
59	VISHAL VEERABHAI RANNAVAR	B	16-2-2023	Vishal Veerabhai Rannavar
60	VJGESH B	B	16/2/2023	Vjgesh B

MBA Batch 2022-24 (1st Semester) C Section

Session Stress - Destress (Stress Management) - Attendance Sheet

Section C				
Sl. No	Name	Section	Date	Signature
1	AARON GOES	C	16/2/2023	[Signature]
2	ABHIRAM.K V	C	16/2/2023	[Signature]
3	AMAL NATH P K	C	16/2/2023	[Signature]
4	AMISHA R MAJALIKAR	C	16/02/2023	[Signature]
5	ASHISH M	C	16/02/2023	[Signature]
6	BHARATH	C	16/2/2023	[Signature]
7	BHARGAVA HEBBAR M L	C	16/2/2023	[Signature]
8	BIRADAR ANUPAMA BASAVARAJ	C	16/02/2023	[Signature]
9	DEEPAK S IYER	C	16/2/2023	[Signature]
10	DHRUVA ADITHYA.H	C	16/02/2023	[Signature]
11	G UDAYA KUMAR	C	16/2/2023	[Signature]
12	HARI CHANDANA SRI MAREMALLA	C	16/2/2023	[Signature]
13	JAGPAL REDDY	C	16/2/2023	[Signature]
14	JAGRUTHI.S	C	16/2/2023	[Signature]
15	JAYRAJ S K	C	16/2/2023	[Signature]
16	KAPIL JAJU	C		
17	KARTHIKEYA.N.S	C	16/2/2023	[Signature]
18	KAVYA B KULKARNI	C	16/2/2023	[Signature]
19	KEERTI MANOHARA BAGEWADI	C	16/2/2023	[Signature]
20	MAHESH S HEGDE	C	16/2/2023	[Signature]
21	MANORANJAN C M	C	16/2/2023	[Signature]
22	MR.KIRAN.D.SHIRAHATTI	C	16/2/2023	[Signature]
23	NAMANA T.G	C	16/2/2023	[Signature]
24	NAVEEN KUMAR G	C	16/2/2023	[Signature]
25	NAVNEETH.S	C	16/2/23	[Signature]
26	PEARL JOVITA MARTIS	C	16/2/23	[Signature]
27	PRADYUMNA K P	C	16/02/2023	[Signature]
28	RAHIL M	C		
29	RAHUL RAJENDRA JAWALI	C	16-02-23	[Signature]
30	RAJATH K L	C	16-2-23	[Signature]
31	ROHAN R HUNNARAGI	C	16-02-23	[Signature]
32	RUDRESH H R	C	16-02-23	[Signature]
33	S.R. SREEVARSHA	C	16-02-23	[Signature]
34	SAHANA PATIL	C	16-02-23	[Signature]
35	SANA UR RAHMAN	C	16-02-23	[Signature]
36	SANJAYA M	C	16/2/23	[Signature]
37	SHAMANTH.U	C	16/2/23	[Signature]
38	SHARATH M N	C	16/2/23	[Signature]
39	SHREESHYLA KUNCHANOORA	C		
40	SHREYA NAGESH	C	16/02/2023	[Signature]
41	SRUJANRAJ G B	C	16/02/23	[Signature]
42	SURE SAI NITHYUSHA	C	16/02/23	[Signature]
43	SUSHMITHA JOIS	C	16/02/23	[Signature]
44	TEJASWI SURESH GAUNKAR	C	16/02/23	[Signature]
45	VAISHAVI.N NAIDU	C	16/02/23	[Signature]
46	YOGESHWARI D	C	16/2/23	[Signature]
47	Nikhil Naitik	C	16-02-23	[Signature]
48	Shreyas Mulkashi	C	16-02-23	[Signature]
49	Jayshree G	C	16/02/23	[Signature]
50	Shailaja V	C	16/02/23	[Signature]
51	Shashank A shetye	C	16/02/23	[Signature]
52	Pranava Nayanak	C	16/02/23	[Signature]
53	Steffi F D Souza	C	16/02/23	[Signature]
54	Vibha Bhat	C	16/02/23	[Signature]
55	S.R. Sree Varsha	C	16/02/23	[Signature]
56	Reshma V	C	16/2/23	[Signature]
57	Sanjanya N.M	C	16/2/23	[Signature]
58	Haritha K.N	C	16/2/23	[Signature]