

RashtreeyaSikshanaSamithi Trust

R.V. Institute of Management

CA-17, 26th Main, 36th Cross, 4th “T” Block, Jayanagar, Bangalore-560041

Training Workshop Session for Batch 2020-22 –First Semester	
Date: 5th April '21	Venue: Seminar Hall
Time: 11 to 1.00 pm	State level / PG Dept. Faculty
No. of Participant: 180	Event Coordinator: Prof. Payal Jindal and Prof. Uma Sharma
Objectives: <ul style="list-style-type: none">▪ Inculcate Stress Management skills to students.	
Agenda/Flow of the Event <ul style="list-style-type: none">- Introduction session Ms.Harshitha - addressed the students on Stress Management- The training session explained the need for Stress Management skills for all students to need to manage stress. Need to learn and practice stress management skills was explained with cases from her training programs.	
Brief Profile of the Resources Person: <ul style="list-style-type: none">• Ms. Harshitha Lalchand , a Learning and Development professional, Dale Carnegie certified trainer, Psychology Coach, an NLP Practitioner and a Mental Space Psychologist. She has in her training tenure delivered over 4000 hours of training, touching and transforming over 1600 lives across different locations in India.	

R.V. Institute of Management organized training session for the first year first semester MBA students. It was a session on the Topic ‘Stress Management’ the session was conducted on 5th April’21 at RVIM campus.

Objective of the Training Session:

Session on Stress Management – Ms.Harshitha Lalchand conducted to awareness of problems with uncontrolled stress , its impact on worklife. Stress management tools to help control stress and tolls and techniques that can be adopted to remove or reduce on the stressors.

Training Session on –Stress Management –Life Skills

–Stress Management - Sessions

- Session on Stress Management brought out the necessities of managing stress at work place. The jobs relate stress.
- Trainer used the cases from the work place that the trainer has effectively counseled and with learning points from these cases she explained the tools and methods of identifying the stressors and using them to identifying the trigger and reduces the reoccurrence of such situation.
- The Session ending with students reaffirming to the trainer that they would follow all the methods that were informed to them to mitigate the stress.

Take away from the session:

- This session is aimed at identifying the skill gap with the students .At the end of the session students should be able to map their skill and identify the gap –so indicating that particular skill they need to acquire so that they geared up for corporate LIFE.

Feedback of Students:

All students enrolled and participated have appreciated the training session as a learning session and gave them awareness on stress and the major take away was the to manage stress by identifying the stressors that trigger stress.


Event-Coordinator


Director-RVIM