



## Maharaja Agrasen Institute of Management Studies

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Maharaja Agrasen Chowk, Sector 22, Rohini, Delhi – 110086, INDIA [www.maims.ac.in](http://www.maims.ac.in)



### Department of Business Administration

12th September 2025

### Report on “Stress to Strength: Building Mental Wellness in College Years”

**Organized by:** Department of Business Administration, MAIMS

**Date:** 12th September 2025

**Time:** 11:20 AM

**Venue:** Room No -927, MAIMS

The seminar on **Stress Management** was organized to educate students about how to handle stress widely. The seminar aimed to provide an invaluable opportunity for our students to gain first hand knowledge of stress indicators, techniques for coping with stress, overthinking, resilience and conflict resolution.

#### **Resource Person**

Ms. Aditi Bansal

- **Education:**
  - MA in Psychology from University of Delhi
  - M.Phil in Clinical Psychology from PGIMS, Rohtak
  - Pursuing Ph.D from IGNOU.
  
- **Experience:**
  - Expertise in Cognitive Behaviour Therapy(CBT), Eye Movement and Reprocessing (EMDR), diagnostic and aptitude assessments, and trauma-focused therapies.
  - Worked extensively with students, faculty and staff at DTU.
  - Served as clinical psychologist at Navkiran Halfway Longstay Home
  - Provides Private consultations as well.
  
- **Contributions:**
  - Presented research at reputed platforms such as NIMHANS Bangalore, Gautam Buddha University, National Association of Psychologists Conference where her paper was selected among Top 5 out of nearly 100 submissions.

- She also has a publication in the Journal of Indian Association of Applied Psychology.
- Conducted number of sessions and awareness programs on topics like suicide prevention, internet addiction and pain management.

### **Key Takeaways**

- Significance of mental health
- Understanding mental health and stress.
- Various techniques of managing stress

The seminar on **Stress Management** was a highly informative session that greatly benefited our students and faculty by enhancing their understanding of significance of mental health and the ways to manage stress constructively. The expert guidance from **Ms. Aditi Bansal** helped the participants enhance their understanding of significance of mental health and learn various stress management techniques. The students showed active participation and session was conducted smoothly.

### **Faculty coordinators:**

Ms.Shweta Rastogi, Assistant Professor Department of Business Administration.

Dr.Arпита Manchanda , Assistant Professor Department of Business Administration.

Dr.Ekta Dargan , Assistant Professor Department of Business Administration.

Ms. Anjali Goel , Assistant Professor Department of Business Administration.



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