

Notice

Title of Activity	Seminar: Stress to Strength: Building Mental Wellness in college years
About the Event	Stress Management is not about avoiding stress, but learning to handle it wisely. This seminar intends to provide an invaluable opportunity for our students to gain first hand knowledge of stress indicators, techniques of coping with stress, Overthinking, Resilience and Conflict Resolution.
Date	12 th September, 2025
Time	11:20 AM onwards
Venue	Block 9 ,Room No. 927 Seminar Hall, MAIMS
Eligibility	BBA 1st Semester students
Resource Person	Ms.Aditi Bansal is RCI licensed Clinical psychologist. She has over 5 years of experience in cognitive behaviour therapy (CBT), diagnostic/aptitude assessments and rehabilitations. She is also Eye Movement Desensitization and Reprocessing (EMDR) certified.
Registration Link	https://forms.gle/QrrgHKsDceG7aJ578
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
Student Coordinators	Ms. Anshika Sharma, Student, Department of Business Administration Ms. Aleeza, Student, Department of Business Administration Mr. Ansh Yadav, Student, Department of Business Administration
Key Points	The organising team will prepare all the documents/ report as per NAAC requirements.