Department of BBA & B.Com

Seminar on Stress Management

Date: 28th August 2023

Venue: Seminar hall, Sri Balaji Arts and Science College.

Introduction:

The stress management seminar for BBA & BCOM students was conducted to provide valuable insights and strategies to help students effectively manage stress in their academic and personal lives. The seminar aimed to equip students with practical techniques to handle stress, improve their overall well-being, and enhance their productivity.



Seminar Highlights:

Understanding Stress:

The seminar began with an overview of stress, its causes, and its effects on physical and mental health. It emphasized the importance of recognizing the signs of stress and the need to address them proactively.

Identifying Stressors:

Participants were guided through the process of identifying their personal stressors, which could include academic pressure, time management challenges, financial concerns, and relationship issues.

Stress Management Techniques:

Several stress management techniques were discussed, including deep breathing exercises, mindfulness meditation, progressive muscle relaxation, and visualization. These techniques were demonstrated and practiced during the seminar.



Time Management:

Effective time management was highlighted as a crucial factor in reducing stress. Students were introduced to techniques such as the Pomodoro Technique, prioritization, and creating study schedules to manage their workload efficiently.

Healthy Lifestyle:

The seminar stressed the importance of maintaining a healthy lifestyle to combat stress. Tips on proper nutrition, regular exercise, and sufficient sleep were provided, along with their positive impact on stress reduction.



Coping Strategies:

Students learned various coping strategies, such as seeking social support, setting realistic goals, maintaining a positive mind-set, and engaging in hobbies and activities they enjoy.

Mind-set Shift:

The seminar encouraged participants to adopt a growth mind set, focusing on learning and improvement rather than fixating on perceived failures or shortcomings.



Seeking Professional Help:

The importance of seeking help from counsellors or mental health professionals when stress becomes overwhelming was emphasized. Students were assured that seeking help is a sign of strength, not weakness.

Interactive Activities:

Throughout the seminar, interactive activities were conducted, including group discussions, role plays, and self-assessment exercises. These activities encouraged active participation and allowed students to share their experiences and insights.

Q&A Session:

The seminar concluded with an engaging Q&A session where students could seek clarifications, share their thoughts, and seek advice on specific stress-related challenges they were facing.



Feedback and Conclusion:

Feedback from the participants was overwhelmingly positive, with many expressing gratitude for the practical strategies provided. The seminar successfully equipped BBA & BCOM students with tools to manage stress, enhance their overall well-being, and excel academically. The seminar underscored the importance of prioritizing mental health and employing stress management techniques as lifelong skills. It is hoped that the knowledge gained from this seminar will have a lasting positive impact on the students' personal and professional lives.

Exploring Excellence: A Journey to COLTE - Industrial Visit – Department of BBA & B.Com

Date: 24th January 2024 & 7th March 2024

Venue: COLTE Premises

On 24th January 2024 our first year and final year students of BBA and and on 7th March 2024 our final year B.Com students embarked on an enriching industrial visit to the Centre of Logistics Training Excellence (COLTE). Nestled within its technologically advanced halls, COLTE unfolded a realm of practical learning, equipped with immersive displays, AR/VR simulators, and cutting-edge training facilities.



Throughout the day, students were immersed in the vibrant ecosystem of logistics and supply chain practices, witnessing firsthand the center's dedication to skilling and upskilling the workforce. Engaging with industry experts and navigating through simulations, the visit was a catalyst for learning and inspiration. Armed with newfound knowledge and invigorated by the spirit of innovation, students returned with a renewed sense of purpose, ready to embrace the challenges of the dynamic business world.