



# SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY

(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

## **Expert Talk on Management of Stress in Life of Students**



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Department of Clinical Psychology

Faculty of Behavioural Sciences

Name of Event- Management of Stress in Life of Students

Organizer- Student Counselling Centre, SGT University

Co-Ordinator- Ms. Anantika Tehlani

Assistant Professor, Department of Clinical Psychology

Date; Time; Venue- 13th April, 2023; 11:00 am; Room- 318, E-block

## E Brochure-

 <p>SGT UNIVERSITY</p> <p>FACULTY OF BEHAVIOURAL SCIENCES &amp; Student Counselling Centre, SGT University <i>is organizing an</i> Expert Talk on</p> <p><b>“MANAGEMENT OF STRESS IN THE LIFE OF STUDENTS”</b></p> <hr/> <p>📅 13<sup>th</sup> April, 2023   🕒 11:00 AM Onwards</p> <p>Venue: Room No. -318, E-Block, Faculty of Behavioural Sciences</p> <p>— Coordinator — <b>Ms. Anantika Tehlani</b> Assistant Professor Faculty of Behavioural Sciences SGT University</p>	<p>Expert Talk</p> <p>Speaker</p>  <p><b>Dr. Vikas Sharma</b> Associate Professor &amp; HOD Clinical Psychology, SGT University</p> 
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**Brief Profile of Speaker:** Dr. Vikas Sharma was invited to deliver the expert talk. He is Associate Professor and HOD in the Department of Clinical Psychology, FBSC. He completed his Bachelors from JNU, New Delhi, Masters in Applied Psychology from University of Delhi, M.Phil. in Clinical Psychology from IHBAS, New Delhi and Ph.D. from University of Delhi. He is the Honorable General Secretary of Indian Association of Clinical Psychologists.

**Organizers:**

**Student Counselling Centre**

**Ms. Anantika Tehlani**

**Assistant Professor and Co-Ordinator**

**Department of Clinical Psychology**

**Student Co-ordinators:**

**Ms. Prerna Raghav**

**Ms. Sakshi Jain**

**Ms. Pratibha Raghav**

**Report of the Webinar/ Event / FDP Program:**

- a) **Introduction:** There are two types of stress, positive and negative. The positive stress is referred as eustress and it is necessary to experience it for efficient functioning. The negative stress is referred as distress and interferes with normal and optimal functioning. When the individual is drained of the resources to manage stress, coping with stressors becomes difficult. There are various sources of stress i.e., major life events, daily hassles, noise, crowding, disasters



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etc. Moreover, stress is caused by the fear of future and worry of past. There are two types of coping styles i.e., problem focused and emotion focused. In problem focused coping, the individual tries to solve the problem which is leading to stress. Whereas, in emotion focused coping, managing the emotions related to the situation is emphasized. There are various strategies to manage stress i.e., relaxation techniques, time management and social skills training. In relaxation techniques the person is instructed to do breathing exercise and meditation. In time management, the person is advised to prepare journals and to-do lists and be organized. In social skills management, the person is taught to convey his/her feelings and emotions effectively to other people.

**b) Objective of the webinar/ Event / FDP:**

- To sensitize the students about the impact of negative stress i.e., distress and positive stress i.e., eustress.
- To enhance their knowledge about the different stress-management styles and coping strategies.
- To spread awareness about the Student Counselling Centre where professional counselling services are provided to university students free of cost.

**c) Brief content of lecture-** The lecture was attended by faculty members and students of Faculty of Behavioral Sciences, Faculty of Law and Faculty of Engineering and Technology. More than 100 participants attended the lecture. The lecture was started by a welcome address delivered by Dr. Naresh Chandel, Co-Dean, Department of Clinical Psychology. He appreciated the initiative taken by Student Counselling Centre and emphasized the importance of efficient stress-management. Then Dr. Vikas Sharma was invited on to the dais. He sensitized the students about the impact of negative stress i.e., distress in daily



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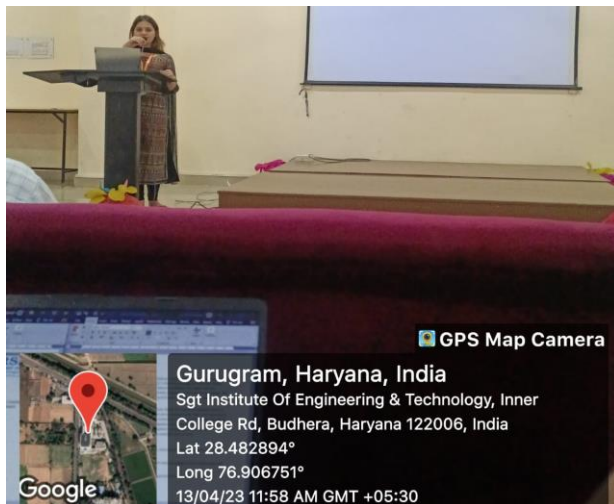
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life situations encountered by students and enhance their knowledge about the different stress-management styles and approaches. He also emphasized on the importance of positive stress or eustress for efficient functioning.

The session was very interactive and various activities were conducted with the students. These fun activities helped students in identifying their character strengths and prepared them for effective stress management.

The audience was also made aware about the Student Counselling Centre where professional counselling services are provided to university students free of cost. The students were informed that they can come to the Counselling Centre regarding any psychological concerns and strict confidentiality is maintained during the sessions. The Student Counselling Centre is located at room- 003, C-Block, SGT University. The lecture was concluded and vote of thanks was presented by Ms. Anantika Tehlani.

**d) Screenshots of Webinar/ Picture of Event: Good quality picture with legends is mandatory**



**Ms. Anantika Tehlani presenting the vote of thanks.**



**Dr. Vikas Sharma delivering the lecture.**





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**Dr. Vikas Sharma delivering the lecture.**



**Dr. N.K. Chandel presenting welcome address.**



**Students doing problem based coping activity.**



**Students actively listening the expert lecture.**

**List of participants:**



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List of the students participated in the event of "Management of Stress in Life of Students"

Date- 13 April, 2023; Time-11:00 am; Venue- Room- 318, E-block

S. No.	Name	Course	Signature
1	Riya	Clinical Psychology	Present
2	Sakshi	Clinical Psychology	Present
3	Sonal	Clinical Psychology	Present
4	Snigdha	Clinical Psychology	Present
5	Merlin	Clinical Psychology	Present
6	Hasrat	Clinical Psychology	Present
7	Ekta	Clinical Psychology	Present
8	Megha	Clinical Psychology	Present
9	Shweta	Clinical Psychology	Present
10	Nikita	Clinical Psychology	Present
11	Sanjana	Clinical Psychology	Present
12	Raymon	Clinical Psychology	Present
13	Priya	Clinical Psychology	Present
14	Surbhi	Clinical Psychology	Present
15	Himanshi	Clinical Psychology	Present
16	Akash	Clinical Psychology	Present
17	Deepak	Clinical Psychology	Present
18	Jhanvi	Clinical Psychology	Present
19	Kanika	Clinical Psychology	Present
20	Ritu	Clinical Psychology	Present
21	Shreya	Clinical Psychology	Present
22	Neha	Clinical Psychology	Present
23	Megha	Clinical Psychology	Present
24	Mansi	Clinical Psychology	Present
25	Prerna	Clinical Psychology	Present
26	Pratibha	Clinical Psychology	Present
27	Shweta	Clinical Psychology	Present
28	Sakshi	Clinical Psychology	Present
29	Harshita	Clinical Psychology	Present
30	Mansi	Clinical Psychology	Present
31	Navita	Clinical Psychology	Present
32	Riya	Clinical Psychology	Present
33	Harshit	Clinical Psychology	Present
34	Raghav	Clinical Psychology	Present
35	Sumit	Clinical Psychology	Present
36	Dheeraj	Clinical Psychology	Present
37	Chahak	Clinical Psychology	Present
38	Nikita	Clinical Psychology	Present



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39	Dhruv	Clinical Psychology	Present
40	Sanjana	Clinical Psychology	Present
41	Ashish	Clinical Psychology	Present
42	Deepika	Clinical Psychology	Present
43	Aastha	Clinical Psychology	Present
44	Sonal	Clinical Psychology	Present
45	Priyamvada	Clinical Psychology	Present
46	Bharti	Clinical Psychology	Present
47	Ritu	Clinical Psychology	Present
48	Dimple	Clinical Psychology	Present
49	Soni	Clinical Psychology	Present
50	Mansi	Clinical Psychology	Present
51	Vaishali	Clinical Psychology	Present
52	Athira	Clinical Psychology	Present
53	Muskan	Clinical Psychology	Present
54	Deepti	Clinical Psychology	Present
55	Divyani	Clinical Psychology	Present
56	Sandeep	Clinical Psychology	Present
57	Antim	Clinical Psychology	Present
58	Ayush	Clinical Psychology	Present
59	Shivani	Clinical Psychology	Present
60	Priyanshu	Clinical Psychology	Present
61	Himanshu	Clinical Psychology	Present
62	Jahanvi	Clinical Psychology	Present
63	Taw	Clinical Psychology	Present
64	Emisa	Clinical Psychology	Present
65	Ankita	Clinical Psychology	Present
66	Deepika	Clinical Psychology	Present
67	Riya	Clinical Psychology	Present
68	Nikita	Clinical Psychology	Present
69	Nandita	Clinical Psychology	Present
70	Shalu	Clinical Psychology	Present
71	Chandani	Clinical Psychology	Present
72	Anjali	Clinical Psychology	Present
73	Kartik	Clinical Psychology	Present
74	Yash	Clinical Psychology	Present
75	Rajat	Clinical Psychology	Present
76	Mukul	Clinical Psychology	Present
77	Biblez	Clinical Psychology	Present
78	Hemant	Clinical Psychology	Present
79	Dheeraj	Clinical Psychology	Present





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80	Mayank	Clinical Psychology	Present
81	Nitesh	Clinical Psychology	Present
82	Rohit	Clinical Psychology	Present
83	Kunal	Clinical Psychology	Present
84	Ritik	Clinical Psychology	Present
85	Rahul	Clinical Psychology	Present
86	Sahil	Clinical Psychology	Present
87	Vaishali	Clinical Psychology	Present
88	Gautam	Clinical Psychology	Present
89	Archit	Clinical Psychology	Present
90	Manish	Clinical Psychology	Present
91	Mighva	Clinical Psychology	Present
92	Nithi	Clinical Psychology	Present
93	Rahul	Clinical Psychology	Present
94	Aakansha	Clinical Psychology	Present
95	Saloni	Clinical Psychology	Present
96	Sneha	Clinical Psychology	Present
97	Rakshita	Clinical Psychology	Present
98	Kunal	Clinical Psychology	Present
99	Simran	Clinical Psychology	Present
100	Taijshi	Clinical Psychology	Present
101	Mansi	Clinical Psychology	Present
102	Harshita	Clinical Psychology	Present
103	Priya	Clinical Psychology	Present

*Bhanupriya*