



TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
 Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to GGSIP University
 Recognized Under Sec. 2(f) of UGC Act 1956
INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085
 Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



Fit India Youth Club

Report On

How to Handle the Stress

- EVENT** : How to handle the stress
- Nodal Officer** : Dr. Ruchi Srivastava
- Convener-Incharge** : Mr. Inderpreet Singh
- Student Beneficiary** : 64
- Participation** : BBA, BJMC, BCA, MBA
- Date** : 05/03/2022
- Time** : 12:00 PM onwards
- Platform** : Online
- Resouce Person** : Mr. Rahul Garg, Chief Architect
 EICT Academy, IIT Kanpur and
 Director Prutor.ai

TECNIA INSTITUTE OF ADVANCED STUDIES
 NAAC ACCREDITED GRADE "A" INSTITUTE
 DELHI INDIA

FIT INDIA

Prutor@IITK

FIT INDIA YOUTH CLUB

Virtual Student Development Program
 Organising by Prutor@IIT- Kanpur
 Saturday, 05 March 2022 at 12:00 pm

How to Handle the STRESS?

Join Room
<https://bit.ly/35Bvwwz>
 Meeting ID- 6836615204
www.tiaspg.tecnia.in

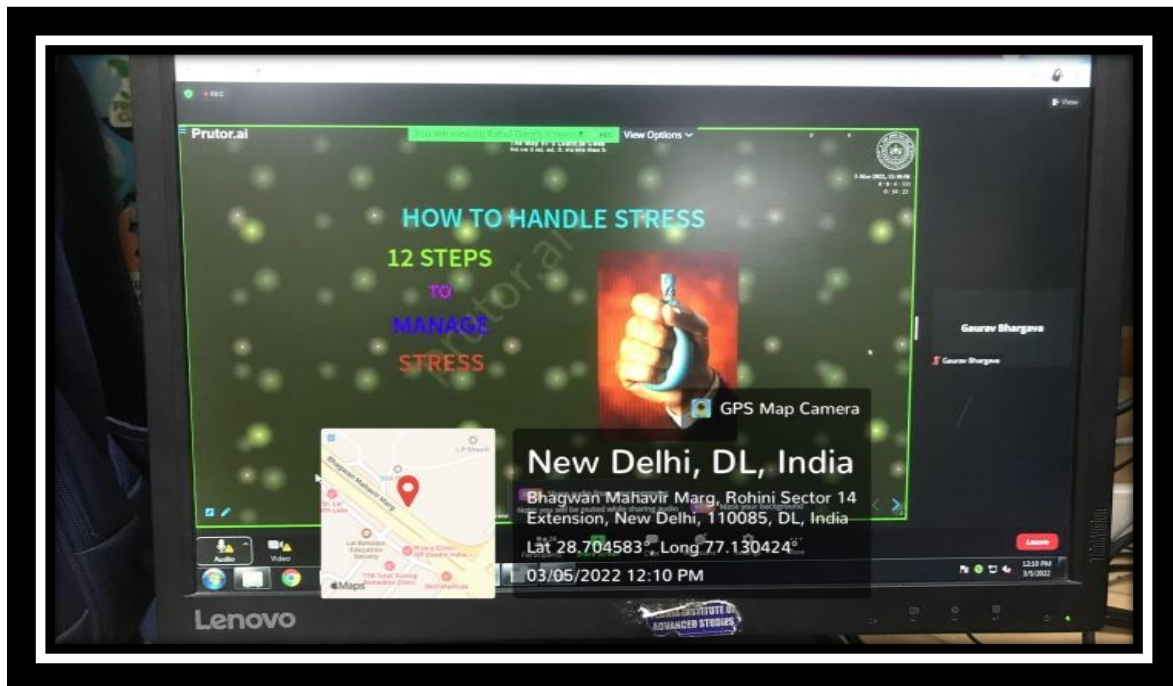
OBJECTIVES OF THE EVENT

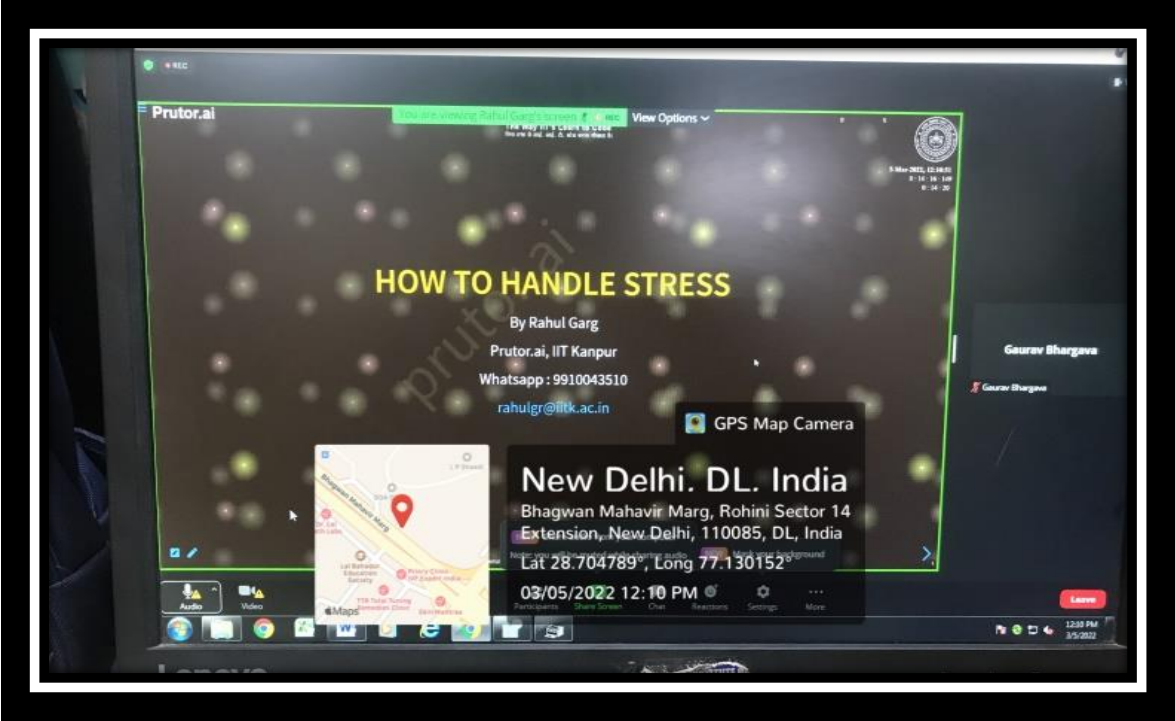
1. To provide an opportunities to the students to understand the stress related to real life
2. To help students to deal with different levels of stress in their life
3. To develop the interests of the students for the activities that helps to remove the stress

REPORT

This activity has been organized by the Fit India Youth Club of Tecnia Institute of Advanced Studies on 05.03.2022. The student development program was organized to address the students about the stress that they deal with day to day basis. In this program, resource person discussed about the various layers of stress that students face in their real life and its practical solution which helps to reduce the stress of examination, career etc. All the participants enjoyed this event and were glad that these types of events were organised in the institution where they can learn something and grow themselves. The student development program helps the students much more than in the physical aspects alone. It builds character, develops strategic thinking, analytical thinking, leadership skills, goal setting and risk taking and the activities that can help to remove the stress.

All the students were motivated to devote time in this student development program. The main aim was to provide emotional concern for the students in Pandemic to build their mental health and to create awareness through this event.





Prutor

WHY DO WE "STRESS OUT"?

- For two major reasons:
 - We perceive a situation as dangerous, difficult, or painful.
 - We don't believe we have the resources to cope.

GPS Map Camera

Delhi, Delhi, India
 Delhi Development Authority, Bhagwan Mahavir Marg, near District Court, Rohini, Block D, Sector 14, Rohini, Delhi, 110085, India
 Lat 28.705172°
 Long 77.130421°
 05/03/22 12:34 PM

Prutor.ai

WHAT IS STRESS?

Stress can be defined as our mental, physical, emotional, and behavioral reactions to any perceived demands or threats.

GPS Map Camera

New Delhi, DL, India
 Madhuban Chowk Underpass, Rohini Sector 14 Extension, New Delhi, 110085, DL, India
 Lat 28.704785° Long 77.131785°
 03/05/2022-12:11 PM

REC

View Options

5 Mar 2022, 12:01:47
 0:0:0:176
 0:10:16

Rahul Garg

Participants Share Screen Chat Reactions Settings More

Students Participation in the event

LEARNING OUTCOME

Participants have

1. acquired knowledge of stresses that they deal with day to day life
2. enhanced their understanding with how to deal with the stress
3. attained understanding about the challenges that they face while dealing with stress

FIT INDIA YOUTH CLUB HOW TO HANDLE THE STRESS VIRTUAL STUDENT DEVELOPMENT PROGRAM DATE:05.03.2022 LIST OF BENEFICIARIES			
S.NO	NAME	ENROLLMENT NO	COURSE
1	NIKHIL SANDAL	08121301720	BBA
2	KHUSHI MALHOTRA	35517002420	BAJMC
3	DIVYANSHU MISHRA	02321302420	BAJMC
4	PRIYA TIWARI	14017001719	BBA
5	ISHTI JAIN	02317002020	BCA
6	HARSHIT GOYAL	02017002020	BCA
7	SUDIPTO BHUKTA	04117002020	BCA
8	GOVIND VIJAY	01717002020	BCA
9	JANUAL ABDIN	02717002019	BCA
10	KUNAL KUMAR	02517002020	BCA
11	PRATIK SINGH	35617002020	BCA
12	YASH SHARMA	04617002020	BCA
13	AYUSHI PANWAR	01117002020	BCA
14	AYUSHREE SWAMI	03221301720	BBA
15	NAKUL GUPTA	02717002020	BCA
16	HARSH ROHATGI	01821302419	BAJMC
17	TANNU SHARMA	0482132419	BAJMC
18	ANKUR BANSAL	00617002020	BCA
19	AMIT KUMAR	00721302420	BAJMC
20	BHAVY SHARMA	35317002020	BCA
21	SHIVANI	03717002020	BCA
22	AYUSHREE SWAMI	03221301720	BBA
23	AVI SEHRAWAT	02121302419	BAJMC

24	JANVI BERY	03621302420	BAJMC
25	AYUSHREE SWAMI	03221301720	BBA
26	SELINA	03721302419	BAJMC
27	SANYA OBEROI	07917002420	BAJMC
28	YUVRAJ SINGH	09317001719	BBA
29	SHRUTI JAIN	08617002420	BAJMC
30	YASH PRIYE	14617001720	BBA
31	ALAKSA ASSIS	00621302420	BAJMC
32	JATIN MALHOTRA	05417001720	BBA
33	AMAN GOYAL	35217001719	BBA
34	DIVYANSHU MISHRA	02321302420	BJMC
35	SAURABH UPADHYAY	08221301719	BBA
36	SEJAL SHRIVASTAV	36121301718	BBA
37	ARYAN	02621301720	BBA
38	AFZAL KHAN	00617001720	BBA
39	RICHA SINGH	10021301720	BBA
40	UMANG GUPTA	13617001719	BBA
41	KANIKA JAIN	50517001720	BBA
42	NAMRATA RANA	07921301720	BBA
43	ABHAYDITA CHANDOK	00821301720	BBA
44	YASH KAPOOR	04921301719	BBA
45	SHRUTI DWIVEDI	12021301720	BBA
46	MANSI SINGH	04021301719	BBA
47	ANUJ UPPAL	36017001719	BBA
48	NISHANT NARANG	08421301720	BBA
49	SACHIN KUMAR SOLANKI	07521302420	BJMC
50	RATTAN SAGAR	09821301720	BBA
51	MAYANK MALHOTRA	04317001719	BBA
52	PURUSHARTH	09421301720	BBA
53	GOVIND VIJAY	01717002020	BCA
54	SIDHARTH MAHESHWARI	00321301719	BBA
55	AMIT KUMAR	00721302420	BJMC
56	SUDIPTO BHUKTA	04117002020	BCA
57	ANANYA KARAN SRIVASTAVA	00921302420	BJMC
58	ABHISHEK MALHOTRA	00117002020	BCA
59	SHREY ARYA	11721301720	BBA
60	TUSHAR THAPLIYAL	03217002019	BCA
61	SHREY GOEL	11821301720	BBA

62	VIPIN	04517002020	BCA
63	JATIN KUMAR	00517001719	BBA
64	RITIKA	08721301719	BBA
65	INDERPREET SINGH		FACULTY
66	DR. RUCHI SRIVASTAVA		FACULTY