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**WEBINAR ON STRESS MANAGEMENT TECHNIQUES**

**12th October, 2021**

**Organized by**

**ISA - LDCE IC Dept. & Aarambh E-Cell of L.D.C.E.**

PLATFORM : MS Teams Date : 12th October, 2021

With the increasing pace in our lives, the time that we have for ourselves and self-introspection has been decreasing at an alarming pace. This has caused a lot of problems in our daily lives especially the increased levels in stress.

Such stress issues are even more pervasive in the entrepreneurs and with the people working in startups. Managing stress and keeping the calm is of utmost importance for a startup to succeed. So, the Aarambh E-Cell of L.D.C.E and ISA LDCE took this initiative to solve concerns with stress related issues and give its participants an overview about the topic, so that they can perform better mentally.

Additionally, the world is becoming highly competitive especially for the students and young workers which has taken a huge toll on our thinking and the amount of stress that we accumulate within us. This topic is not only beneficial for the startups but goes a great way to help the college going students.

The event was conducted in online mode so that larger number of participants can be accommodated. We got 300+ registrations for the event and more than 200 of them joined in. Also, the response of the audience was quite good.

The event commenced with the brief introduction of the topic and was followed by a bright introduction of our speaker Dr. Gaurav Purohit. This was done by our SSIP Head Dr. Manish Thakker. Following this, our speaker gave his perspectives on the topic and discussed some techniques on how to effectively manage stress.

Unlike other online webinars, this was not just about the formal presentation, the event was more of a discussion and touched really sensitive questions which people hesitate to ask. The prime motive was to solve the personal issues that people face in their life in relation to stress.

Overall, the event was quite fruitful and people opened up a lot to get their minds clear on this issue. Finally, the event ended with the vote of Thanks to Dr. Gaurav Purohit Sir.

**Glimpse of the event**



