



SCHOOL OF COMMERCE & MANAGEMENT

Department of Management

NOTICE

Ref No: AJU/SCoM/DoM/2023/236

Date: 10.05.2023

This is to inform all the students of MBA, that Internal Complaints Committee in association with MBA, Department of Management, School of Commerce and Management is organizing a Workshop on 'Stress Management and Suicide Prevention' by Jeevan NGO on, May 20, 2023.

Time: 10:00 am

Venue: JEI Auditorium

Organized by: Dr. Charu Wadhwa, Presiding Officer, Internal Complaint Committee and
Dr. Urvashi Thakur, PC, MBA, School of Commerce and Management.
Contact Details: 9771187677, 6201746969.

Dr. Urvashi Thakur
Program Coordinator I/C
MBA

Dr. Charu Wadhwa
Presiding Officer
ICC

Copy for the information:

1. PS to the Vice-Chancellor
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Report on– Workshop on ‘Stress Management and Suicide Prevention’

Held on – 20-05-2023

Dates of Event	20-05-2023
Name of the Event	Workshop on ‘Stress Management and Suicide Prevention’
Type of the Event	Workshop related to mental health
Organized by	ARKA JAIN University
Coordinated by	Dr. Charu Wadhwa, Presiding Officer, Internal Complaints Committee
No. of Participants	40

OBJECTIVE: The objective of this workshop was to offer an insight into Work-Life balance, that is, personal and work-related stress: the causes and the effects. The workshop was aimed to help the participants to learn strategies for managing stress and deal with it in a positive manner. It also aimed at communicating about ways to spread awareness about suicide prevention. It was aimed at raising awareness and discussing this critical issue and promoting mental health.

DETAILS: A workshop titled ‘Stress Management and suicide prevention’ was organized for the Students of MBA and B.Tech, ARKA JAIN University. The workshop was conducted by the experts from ‘Jeevan’, which is an NGO that works towards suicide prevention, in Jamshedpur.

TAKEAWAY (OUTCOMES): The participants were able to understand that Stress is a fact of everyday life – but too much stress makes one ineffective and reduces the control that one have over lives. It helped them to identify their personal difficulties, reflecting upon stress management and relaxation strategies. They also understood to become more effective in handling everyday pressures in a sustainable way, so as to avoid stress and avoid situations of suicide.

POSTER OF THE EVENT



JGI | **ARKA JAIN University**
Jharkhand

Internal Complaints Committee
in association with
Department of Management (MBA)
School of Commerce and Management

Presents

**Workshop on
STRESS MANAGEMENT &
SUICIDE PREVENTION
BY JEEVAN NGO**

Date : May 20, 2023

Time : 10:30 am - 1:30 pm
Venue : JEH Auditorium
Participants : Faculty & Students of MBA

Organised by :
Dr. Charu Wadhwa, Presiding Officer, Internal Complaints Committee
Dr. Urvashi Thakur, PC i/c MBA
icc@arkajainuniversity.ac.in | 9771187677, 6201746 969

www.arkajainuniversity.ac.in

Toll Free : 1800-1200-200

Poster of the Event: Workshop on 'Stress Management and Suicide Prevention'

Photos of the Event



Photo of the Event: Workshop on 'Stress Management and Suicide Prevention'



Photo of the Event: Workshop on 'Stress Management and Suicide Prevention'



Photo of the Event: Workshop on 'Stress Management and Suicide Prevention'



Photo of the Event: Workshop on 'Stress Management and Suicide Prevention'



Photo of the Event: Workshop on 'Stress Management and Suicide Prevention'

List of participants



Internal Complaints Committee in association with Department of Management (MBA) & School of Engineering & IT

Workshop on 'Stress Management and Suicide Prevention'

Date: 19-05-2023

List of participants

S. No.	Enrollment Number	Name of the Student	Course & Semester	Signature
1	AJU/222082	Vaibhaw Raj	MBA Sem II	V. Raj
2	AJU/221660	Smita Kumari	MBA Sem II	Smita Kumari
3	AJU/220590	Aparajita	MBA Sem II	Aparajita
4	-	Rana Jyoti Perween	-	Rana
5	AJU/220103	Pooja Kumari	MBA Sem II	Pooja
6	AJU/221833	Amisha Kumari	MBA Sem-II	Amisha Kumari
7	AJU/221821	Sharon Kerketta	MBA Sem II	Sharon
8	AJU/221573	Pawan Kumar	MBA Sem II	Pawan
9	AJU/221790	Dimple Agawal	MBA Sem II	Dimple Agawal
10	AJU/211474	Vinit Kumar	MBA Sem IV	Vinit Kumar
11	AJU/220712	SUMIT SAGAR	MBA (Sem II)	Sumit

Dr. Charu Wadhwa

Presiding Officer

Internal Complaints Committee

Dr. Urvasi Thakur

Program Coordinator i/c

Department of Management (MBA)

Prof. Ashwini Kumar

Assistant Dean


School of Engineering & IT

Workshop on 'Stress Management and Suicide Prevention'

Date: 19-05-2023

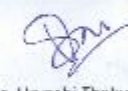
List of participants

S. No.	Enrollment Number	Name of the Student	Course & Semester	Signature
12	AJU/221507	Satya Narayan Shaw	MBA SEM-2	Satya Narayan Shaw
13	AJU/220212	Abhay Kumar Choudhary	MBA, SEM-2	Abhay Kumar Choudhary
14	AJU/222086	Sudhanshu Shekhar	M.BA Sem2	Sudhanshu Shekhar
15	AJU/222074	Rajiv Ranjan Yadav	MBA Sem2	Rajiv Ranjan Yadav
16	AJU/222085	Rishi Sharma	MBA Sem2	Rishi Sharma
17	AJU/211544	Mehul Raj Ranjan	B.Tech BSc 4th	Mehul Raj Ranjan
18	AJU/210641	Kunal Kumar	B.Tech CSE 4th	Kunal Kumar
19	AJU/210707	Koushik Thakur	B.Tech CSE 4th	Koushik Thakur
20	AJU/221684	Riya Kumari	MBA Sem2	Riya Kumari
21	AJU/220281	Megha Sengupta	MBA Sem II	Megha Sengupta
22	AJU/222008	Ashish Kumar	MBA SEM II	Ashish Kumar
23	AJU/221704	RIYA DAN	MBA SEM II	RIYA DAN
24	AJU/220190	Mayank Raj	MBA Sem II	Mayank Raj


 Dr. Charu Wadhwa

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School of Engineering & IT

Workshop on 'Stress Management and Suicide Prevention'

Date: 19-05-2023

List of participants

S. No.	Enrollment Number	Name of the Student	Course & Semester	Signature
25	AJU/211503	Omm Shankar Mahapatra	MBA, Sem I	[Signature]
26	AJU/221694	Aniket Sijau	BBA Sem II	[Signature]
27	AJU/221600	Shruti Khandelwal	MBA SEM I	[Signature]
28	AJU/210233	Aparna Ray	MBA SEM II	[Signature]
29	AJU/210371	Qisha Saminade	MBA SEM IV	[Signature]
30	AJU/210623	Vinay Singh	MBA Sem IV	[Signature]
31	AJU/211534	Riya Sharma	B.Tech Sem IV	[Signature]
32	AJU/211655	Preeti Kiran Hena	B.Tech Sem IV	[Signature]
33	AJU/211909	Himani Kumari	B.Tech Sem IV	[Signature]
34	AJU/210622	Praduman Pradhan	MBA SEM IV	[Signature]
38	AJU/211429	S. Rohini Rao	B.Tech CSE-III	[Signature]
39	AJU/21114	Md. Saqlain	B.Tech CSE	[Signature]
40	AJU/210830	Gokul Tiwari	B.Tech CSE	[Signature]

Dr. Charu Wadhwa

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