

## Circular



Department of Computer Science & Information Technology

### CIRCULAR

Ref. No.: AJU/CS&IT/030-A/2022-23

Date: 15.02.2023

It is notified for information to all the students that the *Department of Computer Science & Information Technology, School of Engineering & IT, ARKA JAIN University, Jharkhand* is going to organize a **Group Discussion Session on Stress Management** on **12<sup>th</sup> March 2023** for the students of BCA & MCA. The students are hereby advised to register themselves in this session by the end of 11<sup>th</sup> March 2023.

  
Dr. Arvind Kumar Pandey  
Dean, School of Engineering & IT  
ARKA JAIN University



Copy for information & necessary action please: -

1. PS to The Vice-Chancellor
2. PS to The Director
3. PS to The Registrar
4. In charge Web services for Website
5. Notice Board
6. Guard File

## GROUP DISCUSSION ON STRESS MANAGEMENT

<b>Date of Event</b>	<b>12.03.2023</b>
<b>Name of the Event</b>	<b>Group Discussion on Stress Management</b>
<b>Type of the Event</b>	<b>Skill Development Program</b>
<b>Conducted by</b>	<b>Department of CS &amp; IT</b>
<b>No. Of Participant</b>	<b>35</b>

**OBJECTIVE:** The main objective of this event was to understand the nature of stress and its impact on health and behaviour.

### **DETAILS:**

Department of CS & IT of ARKA JAIN University had organised a Group Discussion on Stress Management on 12<sup>th</sup> March 2023. The event was coordinated by Ms. Divya Paikaray, Dr. Arvind Kumar Pandey, HOD of CS & IT department.

In this session, the students were provided with different topics related with stress management.

Ms. Divya Paikaray started her lecture by throwing questions to students such as what is stress? Is it always bad? How is it different than anxiety? She answered these questions in very simple and interesting way using diagrams and real day examples. She interacted with the audience by asking about their goals and categorizing them into - Personal, Academic, Relational, professional and Social. She explained in detail the various reasons responsible for the increased level of stress among students and teachers in today's time and emphasised on the need to identify the type of stress as many times it goes unidentified.

This kind of activity encourages pupils to learn creatively from an early age. It was a very successful session appreciated by the participants. The group discussion was of one Day program, students from ARKA JAIN University actively participated in this event.

**TAKEAWAY (OUTCOMES):** This event provided our Students to learn stress management skills and will be able to face problems and overcome obstacles without fear. This personal growth reinforces their self-belief and generates a positive cycle of progress and benefit.

Poster of the Event

**JGI** ARKA JAIN  
UNIVERSITY  
JHARKHAND

DEPARTMENT OF CS & IT PRESENTS:  
**Group Discussion**  
on  
**"Stress Management"**

March 12th, 2023

Time: 01:00 PM Onwards

**Convenor:**  
Dr. Arvind Kr. Pandey

**Coordinator:**  
Ms. Divya Paikaray

Figure 1: Poster of the Group Discussion on Stress Management

## Photos of the Event



**Figure 2: Group Discussion on Stress Management**



**Figure 3: Group Discussion on Stress Management**

**Sample Attendance Sheet**

Arka Jain University, Jharkhand			
Department of CS & IT			
Attendance Sheet			
Group Discussion on Stress Management - 12.03.2023			
SL NO.	Enrollment No.	Name of the Student	Signature
1	AJU/220874	Nidhi Kumari	Nidhi Kumari
2	AJU/220878	Jayant Kumar Jha	Jayant
3	AJU/220981	Sulmita Malwa	Sulmita Malwa
4	AJU/220727	Pankaj Kumar Yadav	Pankaj
5	AJU/220744	Kasturi Sharmar	Kasturi Sharmar
6	AJU/220722	Shobha Kumari	Shobha
7	AJU/220925	PUNAM KUMARI	Punam Kumari
8	AJU/220953	AMRITA KUMARI	Amrita
9	AJU/220635	Akanksha Kumari	Aks
10	AJU/220998	Sonali Kumari	Sonali
11	AJU/220761	Prakash Bhagat	Prakash Bhagat
12	AJU/220922	Subhasish Roy	Subhasish Roy
13	AJU/220928	Yash Jaiswal	Yash Jaiswal
14	AJU/220877	Vivek Kumar Agarwa	Vivek Kumar Agarwa
15	AJU/220650	Rohit Kumar	Rohit Kumar
16	AJU/220611	Shubham Kumar Pandey	Shubham Kumar Pandey
17	AJU/220664	Manish Kumar	Manish Kumar
18	AJU/220929	Jeet	Jeet
19	AJU/220956	Manish Tiwary	Manish Tiwary
20	AJU/220639	Rahul Kumar	Rahul Kumar
21	AJU/220879	Gyaneshwar	Gyaneshwar
22	AJU/220854	Sudeep Singh	Sudeep Singh
23	AJU/220709	Achish Bedark	Achish
24	AJU/220891	Arka Jyoti Ruedra	Arka Jyoti
25	AJU/220616	Harish Prasad	Harish
26	AJU/220593	Simran Kumari	Simran
27	AJU/220677	Saabin	Saabin
28	AJU/220786	Ankit Kumar Prajapati	Ankit
29	AJU/220924	Akash Maithi	Akash Maithi
30	AJU/220734	Manish Singh	Manish Singh
31	AJU/220651	Shubham Mohanty	Shubham
32	AJU/220649	Jaya Murmu	Jaya Murmu
33	AJU/220683	Mayank Kumar Singh	Mayank
34	AJU/220985	Sonu Kumar	Sonu
35	AJU/220885	Abhinav Kumar	Abhinav Kumar
36			
37			
38			
39			
40			

Dingra

Anel Pady  
Program Co-ordinator  
School of Engineering & Information Technology