

## Report on the Guest Speaker Session- Clearing the Web of Stress

### CIRCULAR

**ARKA JAIN**  
**University**  
Jharkhand

#### SCHOOL OF COMMERCE & MANAGEMENT

#### Department of Management NOTICE

Ref No: AJU/SCOM/DoM/2025/905

Date: 10.01.2025

This is to inform all the faculty members & students that MBA, Department of Management, School of Commerce & Management in association with the Department of Fashion Design is going to organize a guest speaker session on the topic, "Clearing the Web of Stress."

The schedule & poster for the above mentioned programme has been attached herewith:-

**Guest Speaker-** Mr. Vibhu Gautam, International Art of Living Teacher, Corporate Soft Skill Trainer & Certified Yoga Instructor

**Event Convener-** Dr. Urvashi Thakur, HoD, MBA

Professor Usha Barla, Program Coordinator, Department of Fashion Designing

**Date of the event-** 18-01-2025

**Time of the event-** 11:00 am onwards

**Venue-** JEH Auditorium, Block- A, AJU Campus



Dr. Urvashi Thakur  
HoD, MBA  
Dept. of Management  
HoD, MBA  
School of Commerce and Management  
ARKA JAIN University, Jharkhand

**Copy for the information:**

1. PS to the Vice-Chancellor
2. PS to the Director
3. PS to the Registrar
4. Controller of Examinations
5. In charge Web services for Website Updation
6. Notice Board
7. Guard File

## GUEST SPEAKER SESSION- CLEARING THE WEB OF STRESS

<b>Date of Event</b>	<b>18.01.2025</b>
<b>Name of the Event</b>	<b>Guest Speaker Session- Clearing The Web Of Stress</b>
<b>Type of the Event</b>	<b>Life Skill Development</b>
<b>Conducted by</b>	<b>DEPARTMENT OF MANAGEMENT, MBA &amp; DEPARTMENT OF FASHION DESIGNING, FD</b>
<b>No. Of Participants</b>	<b>15</b>

### OBJECTIVE:

The session aims to help MBA students develop effective stress management strategies to enhance their academic performance, professional growth, and overall well-being. This session will empower students with the necessary tools to manage stress efficiently, ensuring they remain focused, motivated, and productive in their MBA journey and future careers.

### DETAILS:

This interactive session aims to help MBA students manage stress effectively through practical techniques, mindfulness exercises, and yoga-based strategies. Mr. Vibhu Gautam will share insights on balancing academic, professional, and personal life while enhancing productivity and well-being.

### TAKEAWAY (OUTCOMES):

- **Understanding Stress** – Identifying common stressors in academic and professional life.
- **Mindfulness & Awareness** – Importance of being present in the moment to reduce anxiety.
- **Breathing Techniques** – Practical exercises for instant stress relief and mental clarity.
- **Yoga & Meditation** – How daily practice enhances focus, productivity, and emotional well-being.
- **Work-Life Balance** – Strategies to manage time effectively without burnout.



**ARKA JAIN**  
**University**  
Jharkhand



## POSTER OF THE EVENT

**MBA Program**  
*in association with*  
**Department of Fashion Design**  
*Presents*  
**Guest Session**  
**on**  
**Clearing the Web of Stress**

**JGI** **ARKA JAIN University** Jharkhand  
**NAAC GRADE A** ACCREDITED UNIVERSITY

**Vibhu Gautam**  
International Art of Living teacher  
Corporate Soft Skills trainer  
Certified Yoga Instructor

**Saturday** 18/01/2025  
 11:00am

**Jeh Auditorium**

**Convenors:** Dr. Urvashi Thakur & Prof Usha Barla

## GUEST SPEAKER SESSION- CLEARING THE WEB OF STRESS



## PHOTOS OF THE EVENT

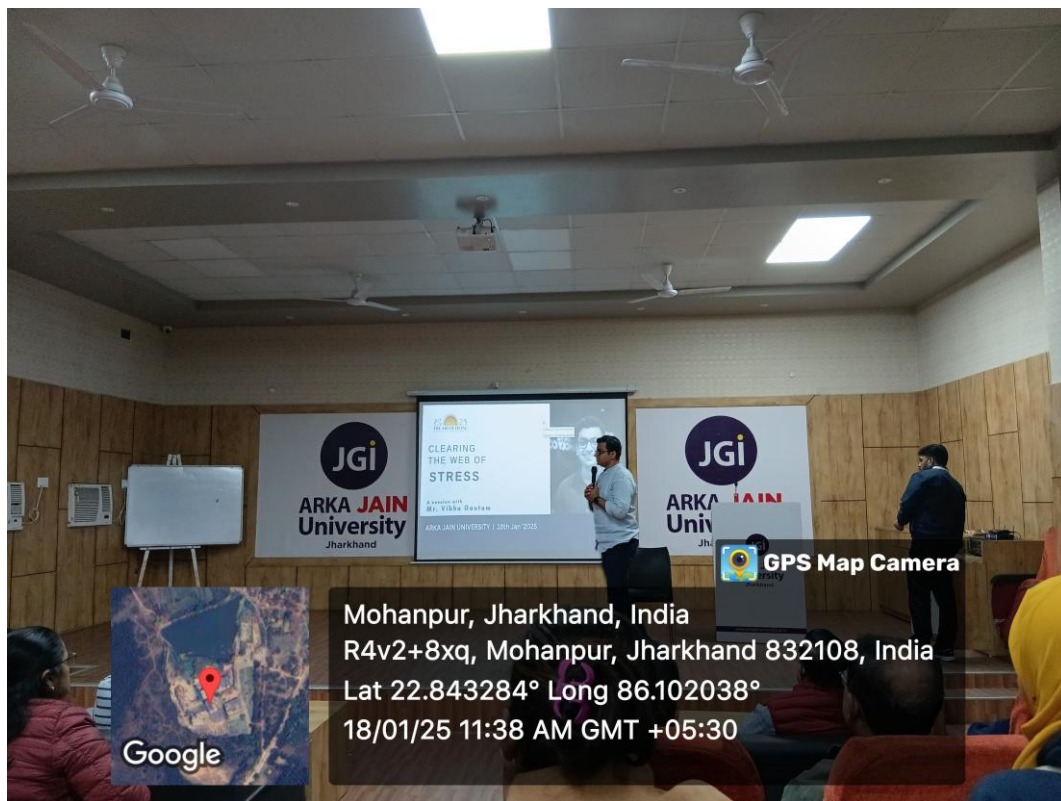


Fig.1- Mr. Vibhu starting the session.



Fig. 2- Mr. Vibhu discussing about the importance of yoga &amp; meditation to ensure work life balance





**Fig. 3- Conduct of the activity for stress management.**

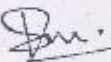


**Fig. 4- Faculty Members & students Attending the session**



## LIST OF PARTICIPANTS

 <b>ARKA JAIN University</b> Jharkhand 			
DEPARTMENT OF MANAGEMENT (MBA)			
SESSION ON THE TOPIC- CLEARING THE WEB OF STRESS			
DATE- 18-01-2025			
SL NO.	ENROLLMENT No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1.	AJU/240762	Tanisha	Tanisha
2.	AJU/240138	Syad Amaan	S. Amaan
3.	AJU/240023	Rohit Ranjan	Rohit
4.	AJU/240104	Keindan Rajan Tiwary	Keindan Rajan Tiwary
5.	AJU/240887	Rini Singh Khatun	Rini Singh Khatun
6.	AJU/240741	Anjali Singh	Anjali
7.	AJU/240151	Amuj Mandal	Amuj
8.	AJU/240739	Ankur Dev	Ankur
9.	AJU/240705	Sambidhi Suman	Sambidhi
10.	AJU/240167	Sweta Kumari	Sweta
11.	AJU/240142	VISHAL KUMAR DUBEY	Vishal
12.	AJU/240780	Avinash Kumar Singh	Avinash
13.	AJU/240359	B. Ashish Paul	Ashish
14.	AJU/240069	B. Gayatri	Gayatri
15.	AJU/240322	Poojit Rai	Poojit

 HoD, MBA  
School of Commerce and Management  
ARKA JAIN University, Jharkhand

Dr. Urvashi Thakur

HoD, MBA

Department of Management