

<b>Event Name</b>	Stress Management Workshop
<b>Topic:</b>	Stress Management
<b>Date: (DD/MM/YYYY)</b>	30/09/2023
<b>No. of Days:</b>	1
<b>Start Time: End Time:</b>	1 30pm : 2 30pm
<b>Venue Campus Name &amp; Place:</b>	CMS Business School, Seminar Hall 2
<b>Section/Semester:</b>	Open for all
<b>Batch:</b>	1 <sup>st</sup> & 2 <sup>nd</sup> Year
<b>Mod of Event Offline/ Online (Provide Virtual Link)</b>	Offline
<b>Name of Chief Guest/Dignitaries/Speaker:</b>	<b>Mr. Anirudh Varkhedi</b>
<b>Chief Guest/Dignitaries/Speaker Designation:</b>	counselor
<b>Chief Guest/Dignitaries/Speaker Contact No &amp; Email Id:</b>	anirudh_varkhedi@cms.ac.in/7406507708
<b>Chief Guest/Dignitaries/Speaker Company/ Institute Name:</b>	CMS Business School, JAIN (Deemed-to-be University)
<b>Event Coordinators Name &amp; Contact No.</b>	<b>Mr. Anirudh Varkhedi</b>
<b>Collaboration &amp; Association (Company Name,</b>	NA
<b>Guest Email Id:</b>	NA
<b>Guest Contact Number:</b>	NA
<b>Moderator (if any)</b>	NA
<b>No. of Participants</b>	6
<b>Professional Photographer Name &amp; Contact No.:</b>	NA
<b>Feedback:</b>	Added
<b>Brochure/Poster: (if any)</b>	Attached
<b>Budget of the Program (if any):</b>	Nil
<b>Revenue Collected: (if any)</b>	Nil

1. **Introduction:** The stress management workshop was aimed at helping students
2. **Program Objectives:**
  - a. Students learn about what is stress management
  - b. Students apply the strategies of stress management to their own personal & professional schedules
  - c. Students learn to understand their stressors and address it at the root cause.

**3. Relevance to PO, Relevance to PEO and PSOs**

PO	Program Objective (PO)
PO1	Apply knowledge of management theories and practices to address and resolve business challenges
PO2	Demonstrate analytical and critical thinking abilities for information-based decision making
PO3	Analyse global, economic, legal and ethical aspects of business
PO4	Apply trans-disciplinary tools and techniques towards effective problem solving
PO5	Assist others and self in accomplishing organizational objectives and contribute effectively to a collaborative team setting.
PO6	Exhibit an entrepreneurial mind-set for the establishment of sustainable businesses and societies.
PO7	Exemplify value-based leadership for excellence

**4. Activity Overview:** Students firstly did an Ice breaker where they introduced each other and spoke about relevant topic, which was stress management. The second activity was students trying to understand the causes of their stressors and addressing the root issue. Students also applied strategies learnt in the session customizing it to their own lives.

**5. Guest/Speakers' Profile: Brief description about Guest: (at least one paragraph)**

**6. Summary and Key Learnings of the session:** Learn what is stress management, learn how to apply strategies and customize it, learn how to address the root cause of the identified stressors.

**7. Participant details:**

- a. Aditya Jain, Section D, JU2023MBA11682
- b. K Priyanka, IFA-2, 22MBAR0277
- c. O R Pavan, ENVC, 22MBAR0085
- d. Arjun Deshpande, CHR2, 22MBAR0655
- e. Nitin Madhu, IFA2, 22MBAR0641
- f. Mahipal S Samkop, Section I, 23MBA11811

- 8. Details of Winners (if applicable): - NA
- 9. Details of the judges (if applicable): - NA
- 10. Attendance records: Attached

MBA Batch 2023-25 - Attendance  
Date : 09/09/2023

S. No.	Roll No.	Student Name	Section	Signature
27	20230001184	Aditya Jain	2	[Signature]
28	2023000273	K. Pooja	ITA-2	[Signature]
29	202300065	O.P. Shree	PAVG	[Signature]
30	202300067	Ganesh Dattatraya	CHRS	[Signature]
31	202300041	Nitin Hardik	TEA2	Nitin Hardik
32	202300081	Mahipal / Swagati	Si 7	AS
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**11. Participants’ Feedback, Feedback Analysis, and Attainment Calculation: (if Applicable)**

Questions to Map Pos	List of Pos & PSOs	Wt Score ▶					Wt. Score				Max score	%age
		5 Strongly Agree	4 Agree	3 Neutral	2 Disagree	1 Strongly Disagree						
The Workshop helped me to learn new / Improve new	PO1 PO7 PSO1PSO2PSO3	1	3	0	0	0	17				20	85%

skill and competency															
The workshops objectives were clearly stated and achieved	PO1 PO3 PO4 PO5 PSO2PSO3	2	2	0	0	0	18						20	90%	
The workshops content & coverage was relevant	PO1 PO3 PSO2PSO3	2	2	0	0	0	18						20	90%	
The time was well managed during the workshops	PO1 PO3	1	3	0	0	0	17						20	85%	
The facilitator of the workshop was knowledgeable & resourceful	PO1 PO3	2	2	0	0	0	18						20	90%	

**Workshop**

POs	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Captured By	Total Attainment Score	Level Achieved
PO1	85%	90%	90%	85%	90%						Q1 Q2 Q3 Q4 Q5	88%	3
PO2													
PO3		90%	90%	85%	90%						Q2 Q3 Q4 Q5	89%	3
PO4		90%									Q2	90%	3
PO5		90%									Q2	90%	3
PO6													
PO7	85%										Q1	85%	3
PSO1	85%										Q1	85%	3
PSO2	85%	90%	90%								Q1 Q2 Q3	88%	3
PSO3	85%	90%	90%								Q1 Q2 Q3	88%	3

**12. Proposals for the Event/Programme:**

To,

The Programme Coordinator for kind approval,

**Sub:** Approval for Stress Management Workshop

The purpose of the guest lecture is to provide specific inputs and exposure from a practitioner's perspective on Stress management for all students. The lecture has been planned for one hour. The planned program duration will be during 30<sup>th</sup> September 2023 1 30 pm to 2 30 pm.

Respected Programme Coordinator your kind approval is requested for the conduct of the same.

The Dean has recommended this proposal.

Kind Regards,

Coordinator  
Student Councillor  
Signature

Dean  
Approval Authority  
Signature

### 13. Minutes of Meetings:

<b>Meeting Title</b>	Stress Management Workshop Approval	
<b>Date of Meeting</b>	20 <sup>th</sup> September	
<b>Meeting Venue</b>	Dean's Office	
<b>Meeting Agenda</b>	Approval & Scheduling of Stress Management workshop	
<b>In Attendance</b>	Name	Title/Department/Organization
1	Dr Harold Andrew Patrick	CMS Business School, Dean
2	Mr Anirudh Varkhedi	Student Counselor
3		
<b>Key Meeting Outcomes</b>		
	<ul style="list-style-type: none"> <li>• Going Ahead with the plan</li> <li>• Time slot, planning.</li> </ul>	
<b>Action Plans, if any (along with the First Person Responsible)</b>		
	<ul style="list-style-type: none"> <li>• .</li> </ul>	

### 14. Budget: - Nil

## 15.Trailing Emails/communications:

Workshop on 'Stress Management', 30th September 2023 ▶ Events


**CMS Business School** -bschool@cms.ac.in  
 to 2022-24, 2023-25, me Wed, Sep 27, 11:21AM (3 days ago) ☆ ↶ ⋮

Dear Students,

JAIN (Deemed-to-be University), CMS Business School is conducting a Workshop on 'Stress Management' by Anrudh Varkhed, Student Counselor.

The workshop is intended to help students understand their stress responses and effectively deal with their workload using efficient strategies.

The workshop is scheduled for September 30, 2023 from 1:30 pm to 2:30 pm.

Please find the details in the attached poster or directly register through the [link](#).

Regards,

Dean  
 JAIN (Deemed to be University)  
 CMS Business School

One attachment • Scanned by Gmail 



Requesting Classroom for Workshop ▶ HR


**Anrudh Varkhed** -anrudh\_varkhed@cms.ac.in  
 to charen Fri, Sep 22, 2:37PM (8 days ago) ☆ ✓ ↶ ⋮

Respected Sir,  
I am conducting a workshop on "Stress Management" on 30th September from 1:30 to 2:30pm. Kindly requesting you to provide a classroom that can facilitate activities and group discussions.

--  
 Regards,  
 Anrudh Varkhed,  
 Student Counselor,  
 CMS Business School,  
 Jain (Deemed to be University)


 Sender notified by [Mailtrack](#)


**KJ CHAREN**  
 to me Sat, Sep 23, 11:36AM (7 days ago) ☆ ↶ ⋮

Dear Sir,

As requested we have blocked seminar hall please find the details below

Sl.NO	REQUEST DATE	EVENT DATE	TIME	EVENT NAME	FACULTY NAME	SEMESTER	SECTION	NO OF STUDENTS	VENUE
1	23-09-2023	30-09-2023	1:00-4:00	Workshop	Anrudh Varkhed	Open to all	Open to all	Open to all	2

Stress Management Workshop draft Email



Anirudh Varkhedi <anirudh\_varkhedi@cms.ac.in>  
to Harsha

Wed, Sep 27, 10:27 AM (3 days ago)

Respected Harsha Sir,

This is the draft email for the stress management workshop that I am conducting on September 30th. I am kindly requesting that you send it across to the students of the 1st and 2nd years.

Dear All,

I, Anirudh Varkhedi, Student Counselor at the CMS Business School, JAIN (Deemed to be University), am conducting a workshop on 'Stress Management'. The workshop is intended to help students understand their stress responses and effectively deal with their workload using efficient strategies.

The workshop is scheduled for September 30th from 1: 30 to 2: 30. Please find the details in the attached poster or directly register through the [link](#).

—  
Regards  
Anirudh Varkhedi,  
Student Counselor,  
CMS Business School,  
Jain (Deemed to be University)

**16. Brochure/Poster: (JPEG format only) –Attached**

**JGI JAIN** | CMS  
DEEMED-TO-BE UNIVERSITY | BUSINESS  
SCHOOL

Workshop  
on  
**Stress Management**

The workshop is dedicated to helping students deal with their stress effectively. Students can learn strategies and techniques to reduce the negative impact of stress and deal with their problems willfully.

**Conducted By:**  
Mr. Anirudh Varkhedi  
Student Counselor

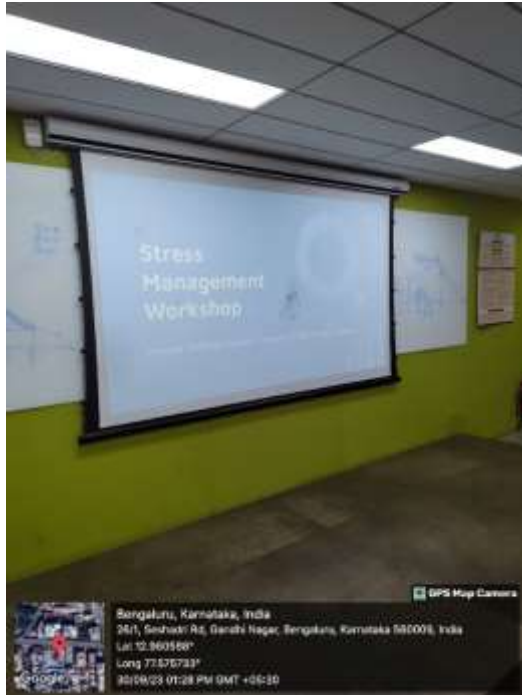
Registration form link  
<https://forms.gle/BXXV918gTzobAC9>

Scan QR Code for Registration

30th September 2023 01:30 PM - 02:30 PM  
Seminar Hall - 2  
CMS Business School, JAIN (Deemed-to-be University)

[school.cms.ac.in](https://school.cms.ac.in)

**17. Pictures for the Event: (Geo-Tag format only) Added**



**Fig1:** Stress Management Workshop, at Seminar Hall 2, CMS Business School, Seshadri Road on the 30<sup>th</sup> of September



**Fig 2:** Students at the Stress Management workshop, discussing the causes of stressors.





**Fig 3:** Students discussing the thought process and the responses that they have during a stressful situation.



**Fig 5:** Mr. Anirudh Varkhedi, campus counselor for CMS Business School, Conducting the Stress Management Workshop.



**Fig 6:** Students applying strategies to their own personal schedules and identifying the causes of the stressors.