

LOYOLA COLLEGE



BUSINESS ADMINISTRATION FORUM (2022-2023)



GUEST LECTURE ON “STRESS MANAGEMENT”

LOYOLA COLLEGE

(Autonomous)

College of Excellence



Department Of Business Administration
Organises Guest Lecture On

STRESS MANAGEMENT

Ms. Narmadha

Psychologist, Member of International
Transactional Analysis Association (ITAA)



Catch us on 18th August 4:30pm to 6:30pm,
@Lawrence Sundaram Hall

Prof. K. Shanthi

Organiser

Dr. I. Eucharista Fatima Mary

Co-ordinator

Dr. V. Arockia Jerold

President

Business Administration Forum

Dr. N. C . Martin

Vice President

Business Administration Forum

REPORT ON STRESS MANAGEMENT

The Department of Business Administration conducted a guest lecture on the topic of Stress Management on 18th August 2022 at Lawrence Sundaram Hall, Loyola College between 04:30 PM – 06:30 PM.



The objective of the guest lecture was to help the Final Year Students of the BBA Department to get a better understanding and a practical insight into the topic of stress management. Dr. I Eucharista Fatima Mary, Coordinator of the Business Administration Department delivered the welcome address and felicitated the Chief Guest of the event, Ms. Narmadha.



Following the welcome address, Prof. K. Shanthi introduced the speaker.



Prof. Shanthi mentioned that Ms. Narmadha's passionately pursued her career in the field of psychology and that she is an active member of the International Transactional Analysis Association (IITA).



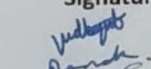
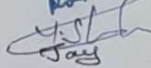
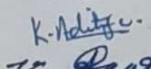
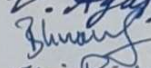
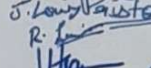
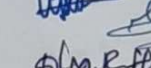
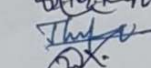
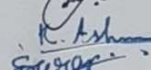
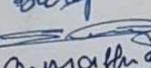
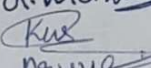
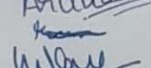
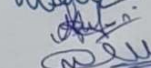
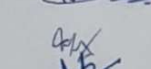
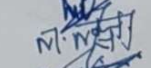
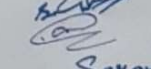
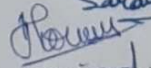
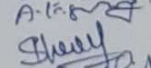
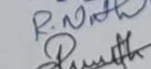
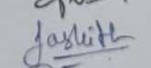
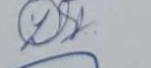
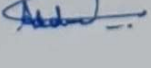







Then, Ms.Narmadha, the chief guest began her address and presentation. Using a powerpoint presentation, Ms.Narmadha gave a brief introduction about stress and the causes of stress. She then harped on Distress (Negative stress) and Eustress (Positive stress). Topics like “Transaction Analysis” and “Ego State” were also discussed. She also spoke on the impact and effects of all 5 drivers: Please Others, Be Perfect, Be Strong, Hurry Up and Try Hard. At the end of the presentation, a few reference links were shared for the benefit of the students.

A Q & A session was held followed by a feedback session. A vote of thanks was proposed by Rudransh Malhotra, and the day came to a fine close with the singing of the National Anthem.



GUEST LECTURE TOPIC : STRESS MANAGEMENT
 COURSE BBA 3rd YEAR SECTION 'B'

DATE : 18.08.2022 TIME : 4:30 P.M.- 6:30 P.M.

Sl.No.	Register No	Student Name	Signature
1	20-UBU-101	VIDHYUT V	
2	20-UBU-102	RONAK R	
3	20-UBU-103	SHRIKAANTH M	
4	20-UBU-104	JAY N BHAIYA	
5	20-UBU-105	ADITYA K	
6	20-UBU-107	AGATHIYAN C	
7	20-UBU-108	BHUVANESH B JAIN	
8	20-UBU-110	LEVIS PRISTON J	
9	20-UBU-112	JEROCIN R	
10	20-UBU-116	UTSAV SURANA V	
11	20-UBU-118	SAYYAM BAGMAR	
12	20-UBU-119	RAM KARUNANITHI K M	
13	20-UBU-121	M M MUHAMMED THOUFEEQ	
14	20-UBU-124	LOGESH B	
15	20-UBU-127	ASHWINRAAJ SUDHANSH K	
16	20-UBU-128	SURAJ KANNA S	
17	20-UBU-130	S.YOGESH SREE RATNAM	
18	20-UBU-131	MATHALAN SOLAMEN G	
19	20-UBU-135	KUSHWANTH P	
20	20-UBU-136	ARUN NAGARAJAN AR	
21	20-UBU-137	MOHAMED USMAN	
22	20-UBU-144	M MITHIL BHANDARI	
23	20-UBU-145	MOHAMMED MUFASIR V M	
24	20-UBU-148	MANAV LODHA	
25	20-UBU-150	KISHORE KUMAR V	
26	20-UBU-151	JOSEPH ANTHONY BENEDICT A	
27	20-UBU-153	MOHAMMED ZAID M	
28	20-UBU-155	SYED KHADIR S I	
29	20-UBU-159	ANAND R	
30	20-UBU-160	SARANKINGSLEYDEV I	
31	20-UBU-162	THOMAS VIJAY FRANCIS M P	
32	20-UBU-165	HAMRISH A K	
33	20-UBU-166	SHREY K PUNMIA	
34	20-UBU-169	ROSHAN J	
35	20-UBU-170	NITHISH KUMAR R	
36	20-UBU-172	PUNITH AACHA	
37	20-UBU-176	JASHITH GUPTA	
38	20-UBU-177	SYED YUSUF J	
39	20-UBU-180	ROBIN SANJAY KUMAR M	
40	20-UBU-182	ABDUL TAIYIB	

GUEST LECTURE TOPIC : STRESS MANAGEMENT

COURSE BBA 3rd YEAR SECTION 'A'

DATE : 18.08.2022 TIME : 4:30 P.M.- 6:30 P.M.

Sl.No.	Register No	Student Name	Signature
1	20-UBU-001	JEROME VALAN IGNATIUS M.J.	Jem
2	20-UBU-002	DHANISH CHRISTOPHER A	Dhanish
3	20-UBU-006	PRANEEL GEORGE P	Praneel
4	20-UBU-007	ARNOLD REUBEN S	Arnold
5	20-UBU-009	NAMAN K JAIN	Naman
6	20-UBU-010	ALFRED EMMANUEL A	Alfred
7	20-UBU-011	ARAVINDADITHYA P	Aravind
8	20-UBU-012	PRAVEEN RAJ A	Praveen
9	20-UBU-015	PRATHIK A JAIN	Prathik
10	20-UBU-016	OM D CHHABRIA	Om
11	20-UBU-019	PRANAV MARLECHA P	Pranav
12	20-UBU-022	SUDHARSHAN S	Sudharshan
13	20-UBU-023	MUGILAN M	Mugilan
14	20-UBU-024	SURIYA J	Suriya
15	20-UBU-025	NAMAN BAGMAR	Naman
16	20-UBU-028	LANCE MELVIN J	Lance
17	20-UBU-029	RIDHAM KUMAR	Ridham
18	20-UBU-031	D.RANJITH	Ranjith
19	20-UBU-033	SUDHARSANA SURYA K	Sudharsana
20	20-UBU-034	SAJAN JOSEPH	Sajan
21	20-UBU-035	SANJIT VENKATESAN	Sanjit
22	20-UBU-036	CROSSWIN N	Crosswin
23	20-UBU-037	EMMANUEL GODSON ISSAC I	Emmanuel
24	20-UBU-039	JOEL AADITYA A	Joel
25	20-UBU-046	KEVIN B THOMAS	Kevin
26	20-UBU-048	SATHYAN K	Sathyan
27	20-UBU-050	VARUN MOOTHA V	Varun
28	20-UBU-051	BAVESH R	Bavesh
29	20-UBU-052	VEDANT GOPALAKRISHNAN	Vedant
30	20-UBU-055	VISWANATH T A	Viswanath
31	20-UBU-059	BHUVANESHWAR A	Bhuvaneshwar
32	20-UBU-060	KAMAL RAJ P	Kamal
33	20-UBU-061	RUDRANSH MALHOTRA	Rudransh
34	20-UBU-065	AARON NITHIN S	Aaron
35	20-UBU-067	GURU PRAKASH P S	Guru
36	20-UBU-068	ROSHAN A	Roshan
37	20-UBU-069	ASHVIN ANAND	Ashvin
38	20-UBU-071	SANYAM S	Sanyam
39	20-UBU-074	VISHNU PREM KUMAR	Vishnu
40	20-UBU-075	HARIHARAN N	Hariharan
41	20-UBU-076	JINENDRE R	Jinendre

Feedback:

A 5-point scale was used to evaluate the level of benefit this session provided to the students.

I would like to see more such lectures and sessions

54 responses

