



## **Vivekananda Institute of Professional Studies - Technical Campus**

Affiliated to Guru Gobind Singh Indraprastha University, Delhi, Recognised by Bar Council of India and AICTE  
NAAC Accredited Grade 'A' Institute, NBA Accredited for MCA Programme  
Recognised under Section 2(f) by UGC, ISO 9001:2015 Certified Institution

### **Vivekananda School of Information Technology**

## **Seminar on BUILDING RESILIENCE TO STRESS**

Vivekananda School of Information Technology organized a Seminar on “Building Resilience to Stress” on 29-01-2022 at 1:00 PM on Online Platform MS Teams.

Stress is mental tension caused by burdensome circumstances. Stress doesn't just affect our mental state and mood; it affects our physical health as well. When we are much stressed, a hormone called cortisol is released into our bloodstream, suppressing the functioning of our immune, digestive and reproductive systems. That is why it is so important to practice stress management to keep our minds and bodies healthy. To counsel students regarding this issue, the department conducted this Seminar which surely helped all to enhance their well-being by reducing stress and building resilience, also assisted in identifying one's stress warning signs and learning how to better manage stressful situations. It was attended by around 100 students and Faculty Members. The objective was to make everyone aware of the management of stress so that everyone can get an idea about how to deal with their mental health issues and to bring out their best by living a Healthy and Stress-free life

The session was addressed by the speaker **Ms. Garima Bains**, who is an Employee Success Personnel in one of the Leading IT Company Apisero, where she focuses on the holistic development of IT professionals towards their career path. She is well known for her zeal and enthusiasm for subjects like personality development and stress management, which hold a very eminent place in the overall uplifting of an individual. In the conducted Seminar, Ms. Bains discussed various reasons which causes stress, what are the major root causes of stress. She further added various types of stress. However, on the solution side, she discussed various techniques one should follow like doing regular meditation, differentiating between waste thoughts, negative thoughts as they consume most of the energy, reading healthy articles, disciplined life, listening to Music as Music also acts as a healing therapy etc. An interactive session was held where students asked several questions. The positive views and reasoning by the speaker surely helped a lot of students in figuring out their numerous issues.

Towards the end of the event, our faculty coordinator **Ms. Kanta Malik** showed gratitude to our guest speaker and student coordinators to make the event successful. Altogether, the event received positive feedback from all the students.



योग: कर्मसु कौशलम्  
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### VIVEKANANDA SCHOOL OF INFORMATION TECHNOLOGY

# BUILDING RESILIENCE TO STRESS

*A Seminar on Stress Management*



## Ms. Garima Bains

*Employee success Personnel  
in APISERO*

 *29 January 2022*

 *01:00 PM*

 *Microsoft Teams*

### Student Coordinators

*Anjali*

*Bharti Tyagi*

*Chhavi Bhardwaj*

*Divyankshi*

*Mehak Saigal*

### Faculty Coordinator

*Ms. Kanta Malik*



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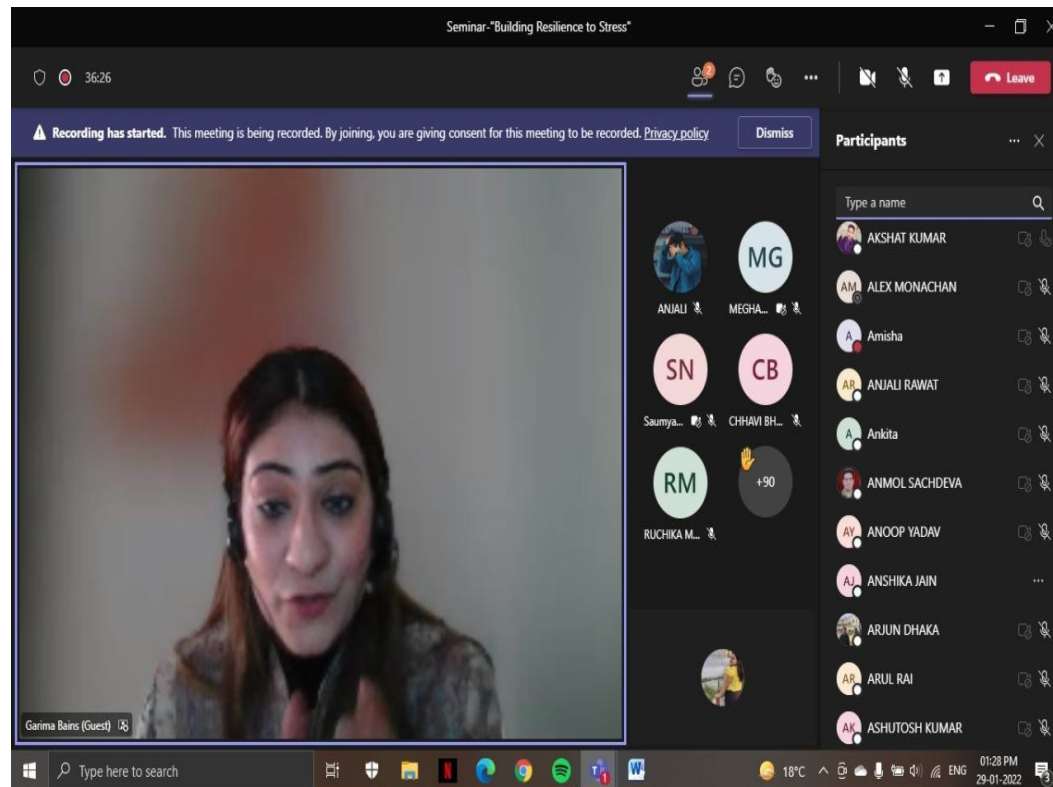
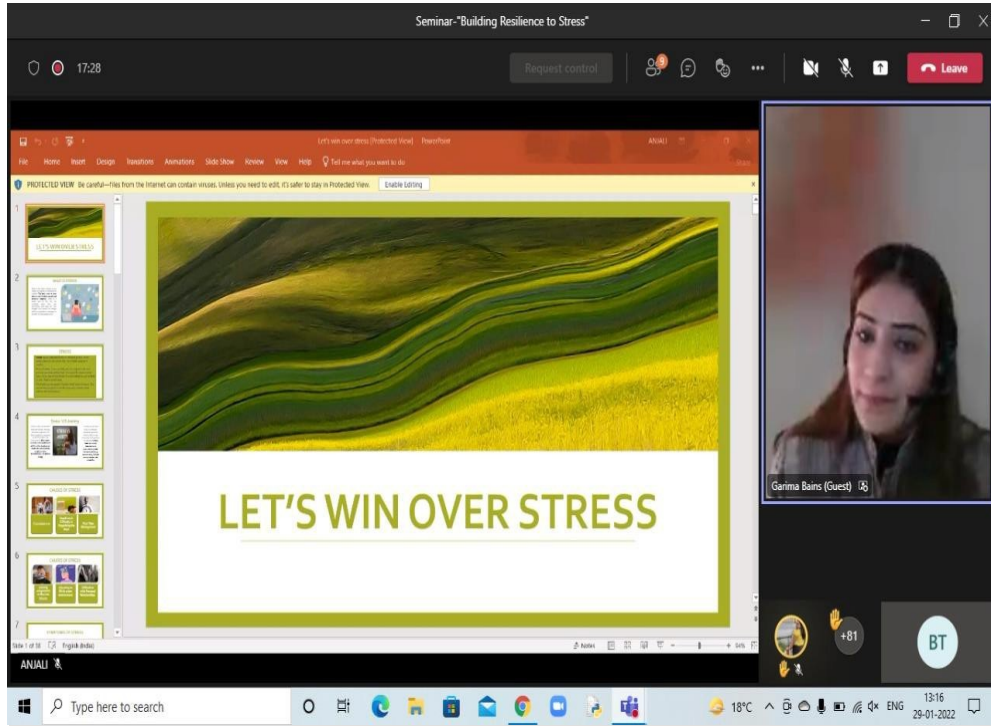
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