



B.V. Patel Institute of Management, Uka Tarsadia University



Orientation Programme - 2018

Date: 09/08/2018

Session on “Stress Management”

B. V. Patel Institute of Management organised a session on “Stress Management” as a part of orientation programme 2018. Dr. Divya Gadaria conducted the session. In her session she focused on various aspects of students’ life and how its relates to stress.



The session was started with basic theories of stress management like meaning of stress, types

of stress, its level, its impact on individuals and strategies to handle this stress. She explained each of the theory with the live examples of student’s life. She explained every one the importance of life and told students not to waste their precious life by doing suicide in small matters. Further she explained stress management strategies for managing stress of day to day life. During the session students were very interactive and also give their inputs too. Whole session was very useful for students to manage stress and be focused on their studies and career.

