



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



Date: 19/05/2021

### **Session on Stress Management and Time Management**

B. V. Patel Institute of Management organised a session on “Stress Management” and “Time Management” for FYBBA students. Dr. Divya Gadaria and Mr. Nisarg Shah conducted the session.

Dr. Divya Gadaria focused on various aspects of students’ life and how it relates to stress. The session started with basic theories of stress management like the meaning of stress, types of stress, its level, its impact on individuals and strategies to handle this stress. She explained each of the theories with live examples of the 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.



Mr. Nisarg Shah started a session with one fun activity related to the importance of time. He also shared one story of “Rock, Pebbles and Sand”. He also discusses how we waste time and

how time is important. He gives some time management tips to the students like making a to-do list, making a schedule for the whole day and a week.

During the session students were very interactive and also gave their inputs too. Whole session was very useful for students to manage stress and be focused on their studies and career.