



**Lloyd Business School, Greater Noida**

**Workshop of Understanding and Managing Emotions and Stress through Simple Self-Care Practices**

**Event Report**

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| <b>Event Name:</b> Workshop of Understanding and Managing Emotions and Stress through Simple Self-Care Practices                                  | <b>Event Date:</b> 9 <sup>th</sup> May 2023               |
| <b>Faculty Coordinators:</b> Dr. Kriti Gulati   | <b>Event Timings:</b> 11:00 AM onwards                    |
| <b>Number of Participants:</b> 80   | <b>Venue:</b> Main Frame, Campus 1, Lloyd Business School |
| <b>Guest Speakers:</b><br>Mr. Rakesh Sarin, Founder, WellM<br>Ms. Lehar Malhotra, Counselling Psychologist<br>Mr. Rakesh Shekhawat Senior Manager | <b>MOC:</b> Offline                                       |

**Expected Outcome:**

- The workshop's objective was to provide students with practical tools and techniques to manage stress and emotions, especially during challenging placements, as well as time management and academic stress.

**Detailed Report:**

On May 9th, 2023, Lloyd Business School, in collaboration with WellM, organized a workshop on "Understanding and Managing Emotions and Stress through Simple Self-Care Practices." 80 PGDM students attended the event.

### **Speakers and Topics Covered:**

The workshop was conducted by a team of experts from WellM, including Mr Rakesh Sarin, the founder of WellM; Sanjeev Kumar, Vice President; Lehar Malhotra, Counselling Psychologist; and Rakesh Shekhawat, Senior Manager. They discussed various topics related to emotional intelligence and stress management.

The first speaker, Mr. Rakesh Sarin, discussed the importance of emotional intelligence and self-awareness in managing stress. He emphasized the need for students to recognize and acknowledge their emotions and develop coping strategies that work for them. Sanjeev Kumar, the Vice President, shared tips and tricks on managing stress through simple self-care practices, such as meditation, exercise, and deep breathing. He highlighted the importance of regular exercise and a healthy diet in reducing stress and promoting overall well-being.

Lehar Malhotra, the Counseling Psychologist, discussed students' challenges during placements and academics. She emphasized the need for students to communicate their emotions and seek help when needed.

The Senior Manager, Rakesh Shekhawat discussed the importance of time management and prioritization in managing stress. He shared some tips on managing time effectively, such as creating a to-do list and prioritizing tasks.

**Interaction and Challenges:** The workshop was interactive, and the students actively participated in the discussions. They shared their experiences and asked the speakers questions. The speakers also shared real-life examples to help students understand the concepts better.

The students also talked about the challenges they faced during placements and academics. The speakers provided practical tips and techniques to effectively help students deal with these challenges.

### **Learning Outcome:**

- The workshop was a great success, and the students found it helpful. The tips and techniques shared by the speakers were practical and easy to implement.
- The workshop provided students with a better understanding of emotional intelligence and stress management, and it helped them develop coping strategies that work for them. The students appreciated the collaboration between Lloyd Business School and WellM.

### **Report Prepared by**

(Dr. Kriti Gulati)