Vidyabharti Trust College of Master in Computer Application, Umrakh

Seminar on “STRESS MANAGEMENT"

Vidyabharti Trust College of MCA has organized a one day seminar on "Stress management" on dated 26th Sep 2022. MCA and MBA (1st and 3rd Semester) students took the benefits of seminar which was delivered by expert Dr.Dhiren Desai at college premises.

❖ About expert Speakers:

Dr. Dhiren Desai, BAMS, His field of expertise is Consultant in Chronic Diseases. Native is from Vyara and has two medical hubs, Kimshuk clinic and Aalap Ayurved clinic is a popular medical center which is located in -Bagumara, Gujarat 394305 and doing medicine practice since the last 35 years. Apart from this, Dr. Dhiren Desai is also a successful speaker who has delivered more than 400 lectures on different topics.

Dr. Dhiren Desai is also fond of reading and has developed his own library which consists of 400 books.

Dr. Dhien Desai has a keen interest in sports, has been champion of Badminton in district Tapi, Khel Mahakumbh, and now participating in Khel Mahakumbh from Surat district.

❖ Objective:

The main objective of this workshop was to make aware student of the psychology of stress and some popular issues that can ruin mental health.

❖ About Workshop:

The seminar starts with a maa saraswati prayer afterward a welcome speech given by Dr.Dhaval Jadhav (HOD, MCA) to welcome the speaker.

In this seminar, students learnt that stress is a normal human reaction that happens to all and sundry. In fact, the individual body is designed to experience stress and react to it. When you experience changes or challenges, your body produces physical and mental responses. That’s stress. Then they discuss how mental health can impact the physical body, how stress can lead to depression and anxiety, what are the symptoms of depression. Afterwards, Dr. Dhiren Desai gave a couple of strategies to students in order to relieve them from stress, then described ways to prevent stress and lastly informed them when to visit a professional therapist.

❖ **Outcome of Workshop:**

Dr. Dhiren Desai has delivered such an energetic speech on mental health and stress management and students found exceptionally useful interns for individual growth.

❖ **Poster for the Event:**



❖ **GLIMPSE OF THE DAY:**















At the end, the workshop ended with a question-answer session. The workshop was concluded by Dr. Dhaval jadhav with a vote of thanks to our expert.