



**MANIPAL UNIVERSITY  
JAIPUR**

**Faculty of Management & Commerce**

**School of Business & Commerce**

**Department of Commerce & Department of Business  
Administration**

**Guest lecture on Stress Management**

**Online**

22<sup>nd</sup> October 2021

## 1. Introduction of the Event

School of Business & Commerce, Manipal University organized guest lecture on “Stress Management ” on 22<sup>nd</sup> October 2021 from 9:30 AM – 10:15 AM.

## 2. Objective of the Event

The aim of this session was to help the students of BBA and BCOM to understand the various stress management techniques to overcome stress in there life.

## Beneficiaries of the Event

This talk was organized for BBA, B.Com (H) and B.Com 2021-2024 batch students to make them aware about how the industry works in they can avoid stress in their lives and live a healthy life.

## Details of the Guests

The resource person for the session was Dr. Ashish Sharma, Director and Independent Researcher, A.S. Research Foundation, Jaipur

A thorough, pedigreed professional with 20 years of corporate journey, Dr. Ashish has gained wide experience during the time spent with varied industry types.

Starting his career in Sales with companies like Rajasthan Patrika, Hero Motors Dr. Ashish went on to lead the L& D initiatives at different levels, for organizations like Everonn Education Ltd, Adecco India Ltd.

Dr. Ashish has led large scale learning projects for organizations like Reserve Bank of India, ICICI Skills, Bajaj Finance, Vodafone, Sanjeevani Group, Cocoon Hospital, IIS University, J.K. Laxmipat Singhania University, Kanoria P.G. College, Banasthali Vidyapeeth, Vidyasthali Group of colleges, Institute of Cooperative Management New Delhi, Rajasthan Skill and Learning Development projects, Rajasthan Police Academy, Sardar Patel Police University, Directorate General Resettlement for Indian Army, Indian Air Force and Indian Navy to name a few, on both state and national front. His areas of specialization include end to end Sales Management Intervention, Negotiation Skills, and Behavioral Transformation & TTT. Dr. Ashish has flair to design customized interventions to address clients’ needs.



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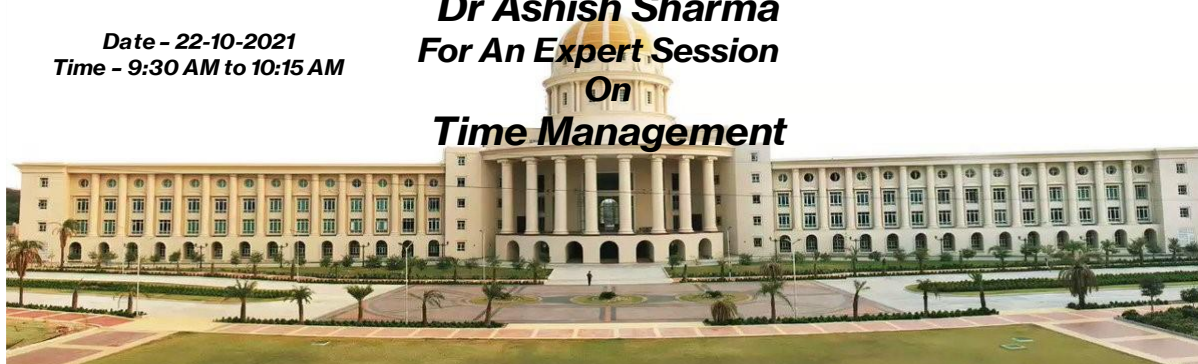
**School of Business and Commerce**

**Invites**

**Dr Ashish Sharma  
For An Expert Session**

**Date - 22-10-2021  
Time - 9:30 AM to 10:15 AM**

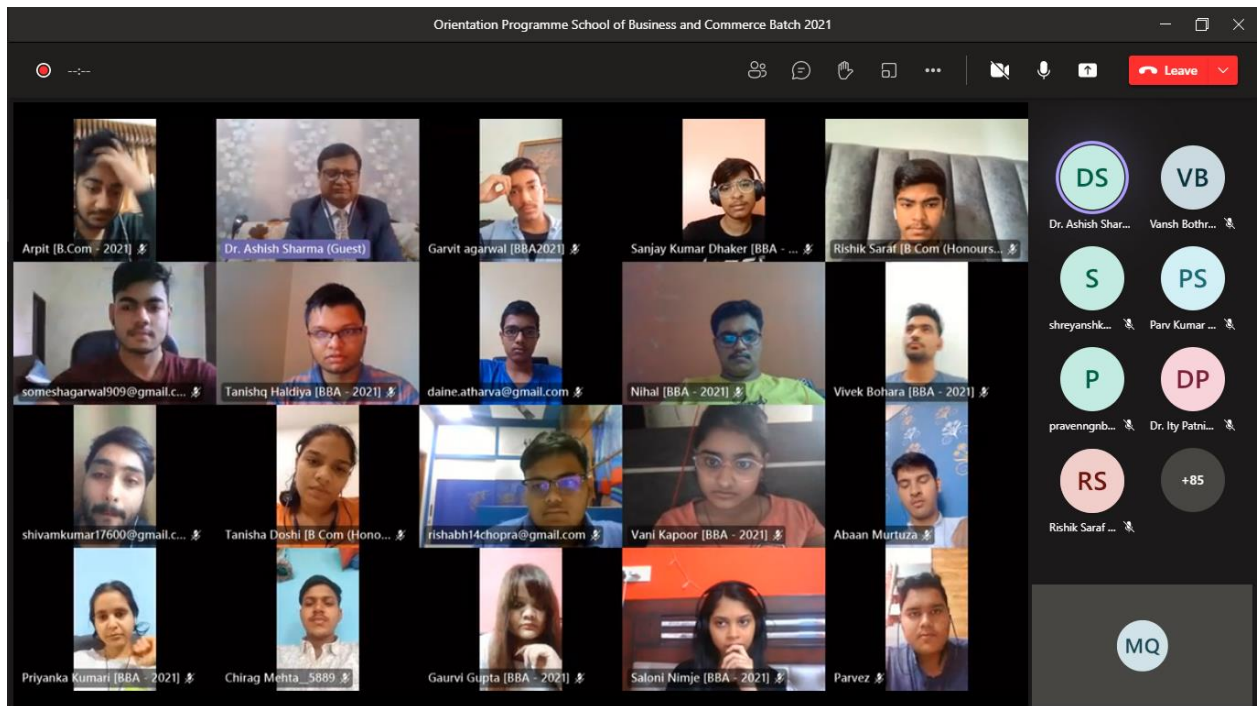
**On  
Time Management**



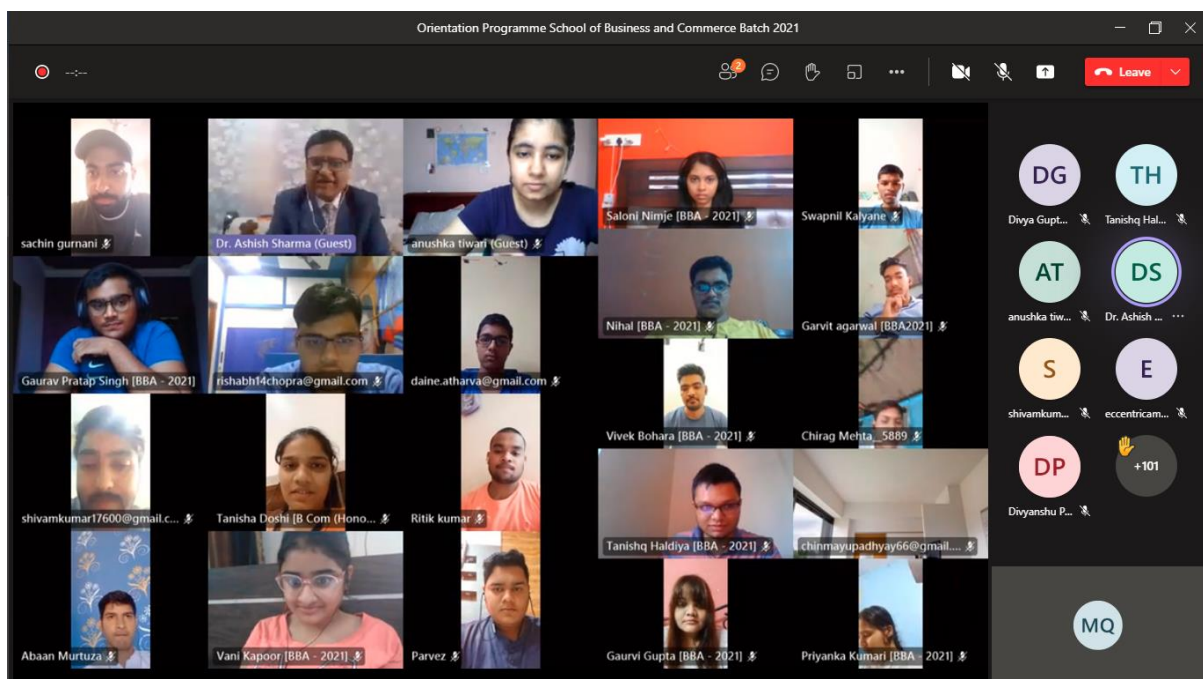
**Brochure of guest lecture on 22<sup>nd</sup> October 2021**

### 3. Brief Description of the event

The expert lecture of Dr. Ashish Sharma was organized to aware students about the stress management methods and ways to protect themselves from stress at different levels of life, at home or at workplace or at any public place. The speaker has interacted with the students and conducted different activities to judge their presence of mind and thinking out of the box. The session was focused on identifying the potential and also their self-awareness.



Session on Stress Management by Dr Ashish Sharma



Dr Ashish Sharma conducting different activities with the students



## **Attendance of the Event :- Total attendee:- 138**

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## FEEDBACK

It was a great learning
It was very much needed. Thank you for arranging the session.
It's useful.
Its motivating.
All questions explained.
It was great experience.
Good.
Nice.
Good message.
Thank you for the session.





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**Link of MUJ website stating the event is uploaded on website**