Title of the Event	Alumni Guest lecture on Stress Management
Date and Time	13 <sup>th</sup> March, 2025 from 3 pm onwards
Mode of conduct	Offline
School/ Directorate/ Section	Botany Discipline, School of Biological Sciences and Biotechnology
Collaborating Agency	Nil
Detail of the Resource Person	Ms. Nikita Gupta Founder -Vois Up and Project Manager at Goa Livelihoods Forum-FIDR Organization
Number of Faculty attended	3
Number of Student attended	27
No. of external participants	-
The objective	The lecture aims to help students understand the sources and effects of stress and equip them with practical techniques for managing it effectively. It also encourages building emotional resilience, maintaining well-being, and fostering a balanced academic life.
Description of the activity	The guest lecture on stress management is designed to raise awareness among students about the impact of stress on their academic and personal lives. Through an interactive session led by an alumni student expert, students will learn to identify stressors, recognize symptoms, and apply effective coping strategies to enhance their mental well-being and academic performance.
Benefit/Key outcome of the event	The event will help students recognize stress triggers and adopt effective coping strategies to enhance well-being. The key outcomes include improved emotional resilience, better focus, and a healthier academic-life

## Report on Alumni Guest lecture on Stress Management for M. Sc. and Ph. D. students

	balance.
Enclosure	Geotagged photographs.

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Dr. Rupali Bhandari, Programme Director & Co-ordinator, Botany, SBSB

am.

Prof. S Krishnan Dean, SBSB Dean of School of Biological Sciences & Biotechnology Goa University. Goa-402206



Goa University School of Biological Sciences and Biotechnology Botany Discipline

> Organizes Talk on

## Stress Management and Mental well being

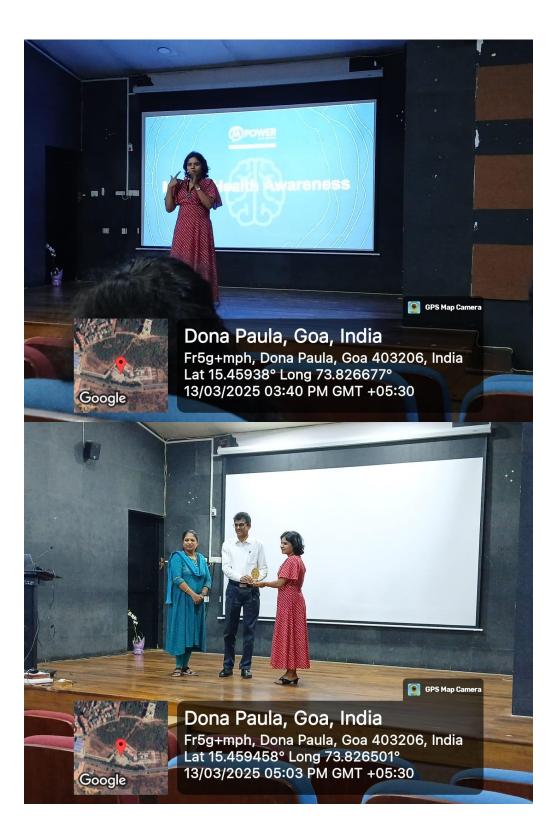
Alumni Guest Speaker MS Nikita Gupta Founder - Voi's up



Project Manager at Goa Livelihoods Forum - FIDR organisation.

Date: 13th March 2025 Time: 3 pm Venue: Biotechnology Seminar Hall, Block E

Prof. S Krishnan Dean, SBSB Dr. Rupali Bhandari Coordinator Program Director Assistant Professor Botany, SBSB



Alumni Guest Lecture on Grass Management By Mr. Nikita Gupta. Name of the participants Discipline Sr. No. Signature Botany Pourt " Badal Shaving Sama Nikisha Mangueshkar 2 ' Ч Tisha Chanekar 3, Ofacletion ч Rashweeta Gadekar 4. Reals Jerald Rodrigues 5 5. ATON Hazel Vaz И 6 sim'stî Botany, SBSB. Botany, SBSB Shrifti 7. Lenora Vas Anal в Alle Botany, SBSB Aishwanya Gaude 9 althing Botony, 585B Gunjon Kerkar 10 Da:m BOTANY, SBSB ROYSTON D'SILVA 11-Hmisha Sakhalkar 12 Batany, SBSB fall Cannya welho lange 13 Botary SBSB Prasher Gaonkar Botany SBSB Botany SBSB Botany SBSB 14 Dusuni. Mousuni Biswas Kanjani Shinodkan 15 Shinodkar 16 Nijati Kurtiker Betany SBSB Murtikop 17 Minox Kundgol Moundgol Betany SBSB 18 Nelicy Neha Sharma Botany SBSB 19 Laxman Pavab Lon Botany SBSB 20 fung. Biotechudogy, SBSB Penny H. Niranjan 21. PShai kh Fazila Shaikh Biotechnology, SBSB 22 2) alosta Biotech, SBSB Elaine Da Costa Vallanos Fernandes 23 Botany, SBSB 24. Botany, SBSB Akhil kalangutkan ARK 25. Lizia Oliveira Melicia Fernandes Quero Botany SBSB 26. Botany SBSB Botany SBSB Nou 27. Prod. S. Krishnan Dolan 28. Dr. & dite Naile Botany, SBSB vormala 99 Do- Rupali Blandari Frandani Botany, SBSB 30.