

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

Title of the Event	Alumni Guest lecture on Stress Management
Date and Time	13 th 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

	balance.
Enclosure	Geotagged photographs.

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

Prof. S Krishnan
Dean, SBSB
Dean of School of Biological Sciences
& Biotechnology
Goa University, Goa-403 206



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 Stress Management By Ms. Nikita Gupta.

<u>Sr. No.</u>	<u>Name of the participants</u>	<u>Discipline</u>	<u>Signature</u>
1.	Badal Sharma	Botany Part II	<u>Badal</u>
2.	Nikisha Mangrulkar	"	<u>Nikisha</u>
3.	Tisha Chavkar	"	<u>Tisha</u>
4.	Rashweta Gadekar	"	<u>Rashweta</u>
5.	Jerald Rodrigues	"	<u>Jerald</u>
6.	Hazel Vaz	"	<u>Hazel</u>
7.	Shruti	Botany, SBSB.	<u>Shruti</u>
8.	Lenora Vas	Botany, SBSB	<u>Lenora</u>
9.	Aishwarya Gaud	Botany, SBSB	<u>Aishwarya</u>
10.	Gurjan Kerkar	Botany, SBSB	<u>Gurjan</u>
11.	ROYSTON D'SILVA	BOTANY, SBSB	<u>Royston</u>
12.	Amisha Sakthalkar	Botany, SBSB	<u>Amisha</u>
13.	Carriya Coelho	Botany SBSB	<u>Carriya</u>
14.	Prashant Gaonkar	Botany SBSB	<u>Prashant</u>
15.	Mousuni Biswas	Botany SBSB	<u>Mousuni</u>
16.	Kanjan Shindkar	Botany SBSB	<u>Kanjan</u>
17.	Nijati Kulkarni	Botany SBSB	<u>Nijati</u>
18.	Minax Kundgol	Botany SBSB	<u>Minax</u>
19.	Neha Sharma	Botany SBSB	<u>Neha</u>
20.	Laxman Parab	Botany SBSB	<u>Laxman</u>
21.	Penny H. Nirajan	Biotechnology, SBSB	<u>Penny</u>
22.	Fazila Shaikh	Biotechnology, SBSB	<u>Fazila</u>
23.	Elaine Da Costa	Biotech, SBSB	<u>Elaine</u>
24.	Vallenw Fernandes	Botany, SBSB	<u>Vallenw</u>
25.	Akshil Kalangutkar	Botany, SBSB	<u>Akshil</u>
26.	Lizia Oliveira	Botany SBSB	<u>Lizia</u>
27.	Melicia Fernandes	Botany SBSB	<u>Melicia</u>
28.	Prof. S. Krishnan	Botany, SBSB	<u>Prof. S.</u>
29.	Dr. Aditi Naik	Botany, SBSB	<u>Dr. Aditi</u>
30.	Dr. Rupali Bhandari	Botany, SBSB	<u>Dr. Rupali</u>