



Sagar Institute of Research & Technology Bhopal

Event Report

NAME OF THE EVENT: Seminar			
DATE	DEPARTMENT	VENUE	TIME
15/06/2023	MBA	MBA Block, SIRT	10:00 AM to 1:00 PM
COORDINATOR'S NAME	NUMBER OF PARTICIPANTS	NATURE: (OUTDOOR/INDOOR)	MODE: OFFLINE/ONLINE/HYBRID
Dr. Seema Rafique	46	Indoor	Offline
FINANCIAL ASSISTANCE	NA		


Brief Information about the event/activity

Topic of the activity:	Seminar on Combating Stress and Fostering Interpersonal Relationship”
Objectives:	To understand how chronic stress can negatively impact our ability to connect with others, and to learn Stress Management Techniques to improve interpersonal relationships.
Methodology:	The speakers in their lecture share their experiences in understanding the difference between positive and negative stress. Shared stories and meditation practices to explain to the students the need the manage interpersonal skills in very simple words.
Name of invited speaker (if any):	Ms. Tapasya Tomar, Shri Rajeev Agarwal and Dr. Swati Tiwari from Dishanjali education & welfare society
Outcomes:	The seminar concluded by emphasizing the importance of taking a holistic approach to well-being. By managing stress and nurturing our relationships, we can create a more fulfilling and resilient life.

Proofs and documents are attached

Notice/Circular	List of participants with signature	Photo gallery and news clip	Feedback Form and Analysis	Any other documents
Yes	Yes	Yes	Yes	

Signature of coordinator



IGAC, Coordinator
Sagar Institute of Research & Technology
Bhopal-482041 (M.P.) India



Sagar Institute of Research & Technology Bhopal

Ref: SIRT/AIR/2023/64

NOTICE / CIRCULAR

Dt: 12-06-2023

All the students and Faculties of the MBA (I & III) semester are hereby informed that a one-day seminar on “**Combating Stress and Fostering Interpersonal Relationships**” will be held on 15/06/2023 from 10:00 AM to 1:00 PM, in collaboration with Dishanjali education & welfare society

All interested Faculties & Students are instructed to attend the Seminar.

Faculty Coordinator

Director

DIRECTOR
Sagar Institute of Research & Technology
Bhopal-462041 (M.P.) India

ICAC, Coordinator
Sagar Institute of Research & Technology
Bhopal-462041 (M.P.) India



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List of Faculties & students registered in the seminar on “Combating Stress and Fostering Interpersonal Relationships”

S.N.	Enrollment No.	Name of student/participant	Attendance
1.	130768749348	NEHA GAVLE	P
2.	130768821142	MAYUR MANUJA	P
3.	130691402890	MR.DARSH PARSAI	P
4.	MP03040082	PRACHI PRAJAPATI	P
5.	130719927636	MANISHA NAAMDEV	P
6.	130676731881	CHANDANA JAIN	P
7.	130687660311	RITIKA YADAV	P
8.	130679246646	ANURADHA RAI	P
9.	130731539546	JANWI SINGH	P
10.	130672717998	TANMEET KAUR LAMBA	P
11.	130687592676	RAHUL SHARMA	P
12.	130667041606	ASTHA JAT	P
13.	130709057944	HINA	P
14.	130683108928	PRIYANKA THAKUR	P
15.	130656736466	NIKITA MALVIYA	P
16.	130734098503	HAMZA ALI	P
17.	130679164628	VANSHITA GOUHAR	P
18.	130732465506	SAPNA PATEL	P
19.	130684135702	KU. RAKSHA KURMI	P
20.	130686439419	RANJANA MORY	P
21.	130695420041	LEENA LODHI	P
22.	130691402890	MR.DARSH PARSAI	P
23.	MP03040082	PRACHI PRAJAPATI	P
24.	130719927636	MANISHA NAAMDEV	P
25.	130676731881	CHANDANA JAIN	P
26.	130687660311	RITIKA YADAV	P
27.	130679246646	ANURADHA RAI	P
28.	130731539546	JANWI SINGH	P
29.	130672717998	TANMEET KAUR LAMBA	P
30.	130687592676	RAHUL SHARMA	P
31.	130667041606	ASTHA JAT	P
32.	130709057944	HINA	P
33.	130683108928	PRIYANKA THAKUR	P
34.	130656736466	NIKITA MALVIYA	P
35.	130734098503	HAMZA ALI	P
36.	130679164628	VANSHITA GOUHAR	P
37.	130732465506	SAPNA PATEL	P
38.	130684135702	KU. RAKSHA KURMI	P
39.	130686439419	RANJANA MORY	P
40.	MBA	PROF. AMRITA TIWARI	P
41.	MBA	PROF. NITIN KAROULIA	P
42.	MBA	DR. SHIVANGI DWIVEDI	P
43.	MBA	PROF. HEENA SAXENA	P
44.	MBA	DR. YOGENDRA SINGH THAKUR	P
45.	MBA	MRS. GEETA SISODIA	P
46.	MBA	MRS. HEMLATA MISHRA	P

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Photographs of the Event



Conducted Seminar on Combating Stress and Fostering Interpersonal Relationship on 15 June 2023

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Sagar Institute of Research & Technology Bhopal

Sample Feedback form



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FEEDBACK FORM

Date	15/12/2023				
Faculty/Student Name	Ms. Chandana Jain				
Enrollment Number	Semester	Branch			
13067673188	7	MBP			
Title of Event	Seminar on "Combating Stress & Lasting Interpersonal Relationships"				
Please indicate your level of agreement with the statements using the below scale.					
Poor = 1	Neutral = 2	Satisfactory = 3	Good = 4	Very good = 5	
1.	The Event was well organized.				
	5	4	3	2	1
2.	The session at the Event was helpful to me.				
	5	4	3	2	1
3.	The Event helps you to understand all relevant concepts.				
	5	4	3	2	1
4.	The Experts had thorough knowledge and doubt-clearing potential.				
	5	4	3	2	1
5.	How will you rate the overall Conference?				
	5	4	3	2	1

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FEEDBACK

Combined Feedback

S.No	Name	Enrollment No.	The event was well organized.	The session was helpful to me.	The event helps you to understand all relevant concepts.	The Experts had thorough knowledge and doubt clearing potential.	How will you rate the overall Expert Talk?
1	NEHA GAVLE	130768749348	5	5	5	4	5
2	MAYUR MANUJA	130768821142	4	5	5	4	4
3	MR.DARSH PARSAI	130691402890	4	5	3	4	5
4	PRACHI PRAJAPATI	MP03040082	5	3	5	5	5
5	MANISHA NAAMDEV	130719927636	5	5	5	5	5
6	CHANDANA JAIN	130676731881	5	5	3	4	4
7	RITIKA YADAV	130687660311	5	5	5	5	5
8	ANURADHA RAI	130679246646	5	3	5	5	3
9	JANWI SINGH	130731539546	4	5	4	5	5
10	TANMEET KAUR LAMBA	130672717998	5	5	5	5	5
11	RAHUL SHARMA	130687592676	5	5	5	5	3
12	ASTHA JAT	130667041606	5	5	3	4	5
13	HINA	130709057944	5	4	5	5	5
14	PRIYANKA THAKUR	130683108928	5	5	5	5	5
15	NIKITA MALVIYA	130656736466	5	5	5	5	5
16	HAMZA ALI	130734098503	4	4	4	4	5
17	VANSHITA GOUHAR	130679164628	5	5	5	5	5
18	SAPNA PATEL	130732465506	3	5	5	3	3
19	KU. RAKSHA KURMI	130684135702	3	5	5	5	5
20	RANJANA MORY	130686439419	5	3	5	3	5
21	LEENA LODHI	130695420041	5	5	5	3	3
22	MR.DARSH PARSAI	130691402890	5	5	5	5	5
23	PRACHI PRAJAPATI	MP03040082	4	5	4	5	4
24	MANISHA NAAMDEV	130719927636	5	5	5	5	5
25	CHANDANA JAIN	130676731881	5	5	5	5	5
26	RITIKA YADAV	130687660311	5	5	5	5	5
27	ANURADHA RAI	130679246646	4	3	4	5	5
28	JANWI SINGH	130731539546	5	5	5	5	5
29	NIKITA SOLANKI	130727196853	5	5	5	5	5
30	RAHUL SHARMA	130687592676	3	5	4	5	4

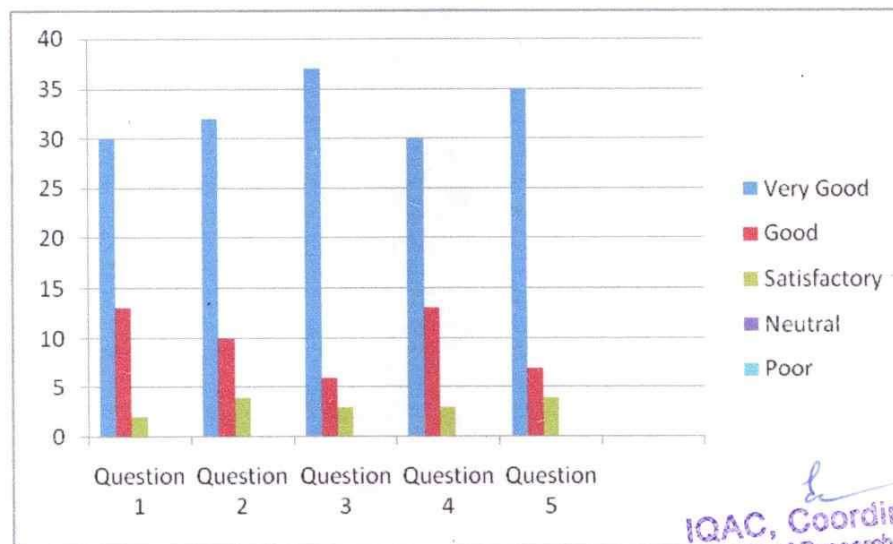
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


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31	ASTHA JAT	130667041606	5	5	5	5	5
32	HINA	130709057944	5	5	5	5	5
33	PRIYANKA THAKUR	130683108928	5	5	5	4	5
34	NIKITA MALVIYA	130656736466	5	5	5	5	5
35	HAMZA ALI	130734098503	5	5	5	5	5
36	VANSHITA GOUHAR	130679164628	5	4	5	4	4
37	SAPNA PATEL	130732465506	5	4	5	5	5
38	KU. RAKSHA KURMI	130684135702	4	4	5	5	5
39	RANJANA MORY	130686439419	4	4	5	4	5
40	PROF. AMRITA TIWARI	MBA	4	4	5	5	5
41	PROF. NITIN KAROULIA	MBA	4	4	5	5	5
42	DR. SHIVANGI DWIVEDI	MBA	4	4	5	4	5
43	PROF. HEENA SAXENA	MBA	4	4	5	4	5
44	DR. YOGENDRA SINGH THAKUR	MBA	5	5	5	5	5
45	MRS. GEETA SISODIA	MBA	4	5	4	5	4
46	MRS. HEMLATA MISHRA	MBA	5	5	5	5	5

FEEDBACK ANALYSIS




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Certificate of the Event



**SIRT SAGE GROUP
OF INSTITUTIONS**
Engineering • Management • Pharmacy

www.sirtbhopal.ac.in

CERTIFICATE — OF PARTICIPATION —

This is to certify that Mr. MAYUR MANUJA attended expert session on

Combating Stress and Fostering Interpersonal Relationships

during 15/06/2023 conducted by MBA DEPARTMENT, SIRT

"We wish him/her a bright future and success in life"

Director (SIRT)

IQAC, Coordinator
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