



ARMY INSTITUTE OF EDUCATION



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'Institute under the aegis of Army Welfare Education Society (AWES)'

Plot M-1, P-5, Sector- Chi, Gr. NOIDA | Ph. : 0120-2343741/ 42 | e-Mail: aie@awesindia.edu.in | www.aie.ac.in

REPORT OF GUEST LECTURE ON "STRESS AND IT'S MANAGEMENT"

DATE: 20 MAY 2024

Students' Grievance Redressal Cell (SGRC) and Life Skills Club jointly organized a Guest Lecture on the topic of "**Stress and it's management**". Dr Kiran Jakhar, Psychiatrist, GIMS, Greater Noida was the resource person. She explained about stress, its factors and signs. She gave various tips on how to manage stress in our academic and personal life. After the lecture question and answer session also held.

Learning outcomes:

- Understanding the physiological and psychological responses to stress.
- Explain the psychological consequences of stress, including anxiety, depression, and burnout.
- Learn and practice various stress management techniques.
- Explore behavioral strategies to reframe negative thinking patterns and develop a positive mindset.
- Discuss the role of a balanced life style, adequate sleep, and lifestyle choices in managing stress.

Dr Abhilasha Gautam, Principal AIE chaired the event. Registrar AIE, Faculty members, and students of B.Ed. and B.Ed. Spl Ed (LD) attended the lecture. Dr Saidalavi K, Asst Prof AIE welcomed the speaker and gave vote thanks.

No of Attendees:

- Faculty & Staff: 12
- Students: 60

Glimpses of Lecture



Dr Kiran Jakhar, Psychiatrist, GIMS, Greater Noida giving a lecture on the topic of "Stress and it's Management" in 20 May 2024 at AIE.



Group photograph

Abhilasha Gautam
Dr Abhilasha Gautam
Principal AIE