



Sarvajani University
Sarvajani College of Engineering and Technology



Report
on



Organized by
WOMEN DEVELOPMENT CELL

Held on
15th October 2024

Coordinated by
Dr. Kaushika Pal
Ms. Tejal Surati

Objective of the Session:

This report examines the widespread problem of stress among college students, who face a unique combination of academic pressures, social anxieties, and the challenges of independent living. It will explore the various sources of stress in college, including academic workload, financial difficulties, social integration, and future uncertainties. The report will also analyze the negative impact of chronic stress on students' physical and mental health, academic performance, and overall college experience.

More importantly, this report aims to provide practical, evidence-based strategies for students to manage and transform stress into a positive force. It will explore stress reduction techniques like mindfulness, time management, and healthy lifestyle choices to build resilience. The report will also cover coping mechanisms, positive self-talk, and the use of support systems.

The ultimate goal is to empower students with the knowledge and tools they need to not just survive college, but to thrive. It aims to help them navigate challenges, minimize the negative effects of stress, and use stress as a catalyst for personal growth, academic success, and the development of essential life skills. The report emphasizes that college is not just about earning a degree, but about building a foundation for a successful and fulfilling future.



SARVAJANIK UNIVERSITY
SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY



WOMEN DEVELOPMENT CELL

presents

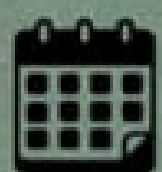
A SEMINAR ON



Transforming
Stress

to

SUCCESS



15th October, 2024

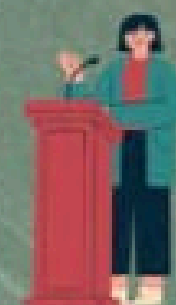


2:00 pm to 3:00 pm



NJ Seminar Hall, SCET

Scan to Register



Ms. Eshita Singh

BRANCH MANAGER
KOTA, SBI BANK
AUTHOR OF 6 BOOKS



- Attendance will be provided.
- Both boys and girls may attend this seminar



wdc.scet

Student coordinator:
Twisha Savani
Sachee Afinwala

Details of the Session

Date and Time:	15th October 2024 (2:00 PM to 3:00 PM)
Venue:	NJ Seminar Hall
Targeted Audience:	The session welcomed all students seeking strategies for stress management and insights for personal growth.
Coordinated By:	Dr. Kaushika Pal
Organized By:	Women Development Cell
Participation:	50+
Speaker:	Ms. Eshita Singh
Team :	Chahi Tejani(Ladies Representative) , Vedanshi Ponkia (Vice Ladies Representative), Twisha Savani (Student Coordinator), Sachee Afinwala (Student Coordinator)

About Speaker:



Ms.Eshita Singh is a talented writer from Jaipur, India, with roots in Varanasi. She holds an MBA in Finance and began her career as a Probationary Officer at the State Bank of India in 2009. She is passionate about writing and is pursuing her dream of becoming an author.

Topics Covered :

- Stress and its Impact: A brief overview of stress and its effects.
- The Line Between Stress and Success: Exploring how some stress can be motivating, while too much becomes detrimental.
- Emotional Intelligence (EI): Introduction to the concept of EI.
- EI and Stress Management: How EI helps manage stress.
- EI and Success: The connection between EI and achieving success.
- Transforming Stress: The idea of turning stress into a positive force.

Glimpes of Session:







Key Takeaways:

- **Stress is a common obstacle to success:**

The session acknowledged that stress is a prevalent experience and can significantly hinder an individual's ability to achieve their goals.

- **Emotional intelligence is key to managing stress:**

Ms. Singh highlighted emotional intelligence as a critical factor in effectively managing stress. She likely emphasized that understanding and managing one's own emotions, as well as understanding the emotions of others, are essential for navigating stressful situations.

- **Managing stress is essential for success:**

The session conveyed that effectively dealing with stress is not just about feeling better; it's a fundamental requirement for achieving success. By managing stress, individuals can improve their focus, decision-making, and overall performance.

- **Emotional intelligence contributes to better decision-making:**

The connection between emotional intelligence and improved decision-making was likely a key point. This likely included the idea that understanding one's emotions allows for more rational and thoughtful choices, especially under pressure.

- **Success is linked to emotional well-being:**

The overall message likely conveyed that true success is not just about external achievements, but also about emotional well-being. Managing stress and developing emotional intelligence contribute to a more balanced and fulfilling life, which is a crucial aspect of success.

- **Transformation is possible:**

The title itself suggests that the session offered hope and strategies for transforming stress into a positive force for success. While specific techniques weren't detailed, the implication is that stress can be managed and used as a motivator rather than a debilitating factor.

Conclusion:

- Ms. Singh's session effectively highlighted the crucial link between managing stress, developing emotional intelligence, and achieving success. She emphasized that understanding the delicate balance between helpful and harmful stress, coupled with strong emotional intelligence, is key to transforming stress from an obstacle into a driver of success.

Thank You

WE THE TEAM WDC EXTEND SINCERE THANKS TO DR. HIREN PATEL,
PRINCIPAL FOR PERMITTING AND ENCOURAGING SUCH EVENT.

WE ARE THANKFUL TO DR. MAYANK DALAL, DEAN SAWC FOR HELPING US TO
GET FINANCIAL SUPPORT FOR THE WORKSHOP GUIDANCE AND
ENCOURAGEMENT FOR THE SEMINAR.

WE EXTEND OUR SPECIAL THANKS TO HEAD OF THE DEPARTMENT AND
FACULTIES, SCET FOR MOTIVATING STUDENTS TO PARTICIPATE IN SUCH
EVENTS.

WE EXTEND SPECIAL THANKS TO OUR SPEAKER ESHITA SINGH AFOR
CONTRIBUTING HER TIME TO TALK .