



Indira Gandhi Delhi Technical University For Women

(Established by Govt. of Delhi vide Act 09 of 2012)

Kashmere Gate, Delhi-110006

Department of Electronics and Communication Engineering



Session on Nurturing Success: A Report on Stress Management Strategies for Viksit Bharat@2047

The 'Viksit Bharat Abhiyan' session held on December 23, 2023, at IGDTUW featured an enlightening presentation by Ms. Surbhi Bharti, JRF, focused on "Striking Balance: Stress Management Strategies for Success on Viksit Bharat@2047." Ms. Bharti's discourse delved into the multifaceted nature of success and its profound influence on individuals' mental states. She initiated the session by elucidating the evolving definition of success and its correlation with worry, uneasiness, and impatience. Through insightful discussions, she addressed common life symptoms exacerbated by stress, offering practical solutions encompassing lifestyle adjustments and dietary considerations.

Continuing her presentation, Ms. Bharti shared invaluable insights into cultivating effective routines and habits conducive to psychological well-being and professional growth. Drawing from relatable scenarios, she underscored the importance of recognizing and modifying factors contributing to stress. By advocating for balanced lifestyles and emphasizing the significance of self-care, Ms. Bharti empowered participants to prioritize their mental health while pursuing academic and professional endeavors. Her guidance not only resonated with the audience but also provided actionable strategies for managing stress and fostering resilience in the face of challenges.

In conclusion, Ms. Surbhi Bharti's session on stress management strategies left a lasting impact on the attendees, equipping them with essential tools to navigate the complexities of success on Viksit Bharat@2047. Her adept facilitation and insightful advice facilitated a transformative learning experience, underscoring the vital importance of holistic well-being in achieving sustainable success. As participants departed the session, they carried with them a renewed sense of purpose and a commitment to nurturing their mental health amidst the pursuit of their aspirations in the evolving landscape of Viksit Bharat@2047.

Photographs

Surbhi Bhardi (You, presenting) Presentation audio Stop presenting

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 DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

STRIKING BALANCE: STRESS MANAGEMENT STRATEGIES FOR SUCCESS IN VIKSIT BHARAT
 On **VIKSIT BHARAT @2047**

Scan QR to share your stress-management strategies

11:02 AM | gsm-djx-ds

Participant grid:

- Anamika Kumari
- Sakshi Gupta
- shreya shreya
- shrestha shrestha
- SOI Sakshi Saha
- Prerna Jha
- Pritya Pathwa
- Pritya Pathwa
- Surbhi Bhardi

Surbhi Bhardi (Presenting)

STRESS MANAGEMENT STRATEGIES FOR SUCCESS

What is Success?	1	Time Management	6
Stress Overview	2	Adapt to situation	7
Symptoms of stress	3	Accept your situation	8
Stress managing techniques	4	Summary	9
Avoid or Alter the situation	5	Thank You	10

11:04 | gsm-djx-ds

Participant grid:

- Anamika Kumari
- Sakshi Gupta
- shreya shreya
- Surbhi Bhardi
- shrestha shrestha
- Pritya Pathwa
- Asha Gupta
- 55 others
- Pritya Pathwa