



## Department of Electronics and Telecommunication Engineering

Date of Event: 01/09/2025

### Expert Talk on STRESS MANAGEMENT AND WELL-BEING

#### 1. Aim

The primary aim of the counselling sessions was to provide students with psychological support, practical strategies, and a safe space to address stress-related concerns. The sessions were designed to promote overall well-being, resilience, and positive mental health among participants.

#### 2. Objectives

The specific objectives of the sessions were:

1. To help students identify sources of stress in academic, personal, and social domains.
2. To equip students with effective stress management techniques (e.g., relaxation strategies, time management, mindfulness).
3. To increase awareness about mental health and its impact on academic performance and daily life.
4. To strengthen coping mechanisms and promote healthier emotional regulation.
5. To encourage help-seeking behavior and reduce stigma around counselling.

#### 3. Outcomes

The counselling sessions yielded the following outcomes:

1. **Increased Awareness**
  - a. Students demonstrated greater understanding of stress triggers and coping mechanisms.
  - b. Participants became more aware of the importance of mental well-being.
2. **Improved Coping Skills**
  - a. Many students reported using techniques such as deep breathing, journaling, exercise, and structured study planning to manage stress.
3. **Positive Behavioral Changes**
  - a. Improved sleep hygiene, better time management, and enhanced focus on academics were noted among participants.
4. **Enhanced Emotional Well-being**
  - a. Students expressed feeling more supported and confident in handling personal and academic pressures.
5. **Encouraged Help-Seeking**

- a. Several participants showed willingness to approach counselling services for ongoing concerns.

#### 4. Conclusion

The counselling sessions on Stress Management and Well-being successfully met the aim of providing students with psychological support and practical strategies to manage stress effectively. The sessions contributed to building resilience, improving academic focus, and fostering a healthier campus environment. Continued follow-up and periodic workshops are recommended to sustain the positive outcomes.

#### 5. Glimpses



**Total No of Students 140**

## 6. Attendance Sheet



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### Department of Electronics and Telecommunication Engineering

#### Attendance-Record

Expert Talk Date: 01/09/2025

S. No	Enrollment No	Student Name	Sign
1	BTET25O1001	AADITYA SINGH PATEL	Ada
2	BTET25O1002	AAMYA SHARMA	Amya
3	BTET25O1003	AARADHYA GOYAL	Aaradhya
4	BTET25O1004	AARAYAMAN SRIVASTAVA	Aarayan
5	BTET25O1005	ABHINAV SINGH SENGAR	Abhinav
6	BTET25O1006	ABHISHEK KUMAR KEWAT	Abhishek
7	BTET25O1007	ABHISHEK SINGH KUSHWAH	Abhishek
8	BTET25O1008	ABHISHEK SINGH TOMAR	Abhishek
9	BTET25O1009	AJAY RATHOR	Ajay
10	BTET25O1010	AKANKSHA RATHAUR	Akanksha
11	BTET25O1011	ALIZA KHAN	Aliza
12	BTET25O1012	ALOK DWIVEDI	Alok
13	BTET25O1013	AMAN PATEL	Am Patel
14	BTET25O1014	AMAN SHARMA	Am Sharma
15	BTET25O1015	ANEESHA BHADORIYA	Anisha
16	BTET25O1016	ANIL RATHOR	Anil
17	BTET25O1017	ANIMESH SINGH	Animesh
18	BTET25O1018	ANKUR SHARMA	Ankur
19	BTET25O1019	ANSHU SINGH	Anshu
20	BTET25O1020	ANSHUL PATEL	Anshul
21	BTET25O1021	ANSHURAJ CHAUDHARY	Anshuraj



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22	BTET25O1022	ANUJ GUPTA	
23	BTET25O1023	ANUJ SINGH JADON	.
24	BTET25O1024	ANURAJ TOMAR	.
25	BTET25O1025	ANUSHKA TOMAR	
26	BTET25O1026	ANUSHREE SHINDE	
27	BTET25O1027	ANVI GUPTA	
28	BTET25O1028	APEKSHA GUPTA	.
29	BTET25O1029	ARADHYA DIXIT	
30	BTET25O1030	ARUN VASHISHTHA	
31	BTET25O1031	ARYA TOMAR	
32	BTET25O1032	ARYAN JAIN	
33	BTET25O1033	ARYAN YADAV	
34	BTET25O1034	ASHI TOMAR	
35	BTET25O1035	ASHUTOSH PATEL	.
36	BTET25O1036	ATHARV KUMAR CHOURASIA	
37	BTET25O1037	ATHARV PATEL	
38	BTET25O1038	AVIKA SINGH	
39	BTET25O1039	AYUSH PANDEY	
40	BTET25O1040	AYUSH RAI	
41	BTET25O1041	BHANU PRATAP SINGH	
42	BTET25O1042	BHANUJ HINGE	
43	BTET25O1043	CHIRAG	
44	BTET25O1044	DEEPANSHI TIWARI	 Deepanshi 26/11/25
45	BTET25O1045	DEEPAJ SINGH GURJAR	
46	BTET25O1046	DEV AGARWAL	
47	BTET25O1047	DEVASHISH SHARMA	



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49	BTET25O1049	DIVYANSH SINGH BAIS	<i>Divyansh</i>
50	BTET25O1050	DIVYANSHU DANGI	<i>Divyanshu</i>
51	BTET25O1051	DRASHYA GUPTA	<i>Drashya</i>
52	BTET25O1052	EKAGRA DARBARI	<i>Eka</i>
53	BTET25O1053	GARVIT SEN	<i>Garvit</i>
54	BTET25O1054	GOVIND KUMBHAKAR	<i>Govind</i>
55	BTET25O1055	HARSH MISHRA	<i>Harsh</i>
56	BTET25O1056	HARSHIT UPADHYAY	.
57	BTET25O1057	ISHALI SHARMA	.
58	BTET25O1058	JAY PRAKASH SHARMA	<i>Jay Prakash</i>
59	BTET25O1059	JESIKA JAIN	<i>Jesika</i>
60	BTET25O1060	JIYA VERMA	<i>Jiya</i>
61	BTET25O1061	KAARTIK BANSAL	<i>Kaartik</i>
62	BTET25O1062	KAARTIK SHARMA	<i>Kaartik</i>
63	BTET25O1063	KAJAL CHAUHAN	<i>Kajal</i>
64	BTET25O1064	KAMAKSHI DANDOTIYA	<i>Kamakshi</i>
65	BTET25O1065	KARTIKEY SINGH VERMA	<i>Kartikey</i>
66	BTET25O1066	KASHISH JAIN	<i>Kashish</i>
67	BTET25O1067	KAUSHIK SHARMA	<i>Kaushik</i>
68	BTET25O1068	KRISHNA BHADORIYA	<i>Krishna</i>
69	BTET25O1069	KRISHNA DHAKAD	.
70	BTET25O1070	KSHITIJ RAWAT	<i>Kshitij</i>
71	BTET25O1071	KUNAL SHARMA	.
72	BTET25O1072	KUSH YADAV	<i>Kush</i>
73	BTET25O1073	KUSHAGRA KHATOR	<i>Kushagra</i>



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75	BTET25O1075	LAKSHYA GUPTA	<i>Lakshya</i>
76	BTET25O1076	MAHI SONI	<i>Mahi</i>
77	BTET25O1077	MANISH KUMAR SINGH	<i>Manish</i>
78	BTET25O1078	MANSI JADON	<i>Mansi</i>
79	BTET25O1079	MANU PRATAP SINGH	<i>Manu</i>
80	BTET25O1080	MAYANK BISEN	<i>Mayank Bisen</i>



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1	BTET25O1081	MIHIKA KUMUD	<i>Mihika</i>
2	BTET25O1082	MUKUL KULSHRESTHA	<i>Mukul</i>
3	BTET25O1083	NAMAN KUMAR MISHRA	<i>Naman</i>
4	BTET25O1084	NAMAN NAMDEV	<i>Naman</i>
5	BTET25O1085	NANDANI SHRIVAS	<i>Nandan</i>
6	BTET25O1086	NISHI TIWARI	<i>Nishi</i>
7	BTET25O1087	NITIN TIWARI	<i>Nitin</i>
8	BTET25O1088	OM BARUA	<i>Om</i>
9	BTET25O1089	OM NAMDEV	<i>Om</i>
10	BTET25O1090	PALLAVI KUSHWAHA	<i>Pallavi</i>
11	BTET25O1091	PARTH SHRIVASTAVA	<i>Parth</i>
12	BTET25O1092	PIYUSH SINGH	
13	BTET25O1093	PRADYUMN NAMDEO	<i>Pradyumn</i>
14	BTET25O1094	PRATIK BAROLE	<i>Pratik</i>
15	BTET25O1095	PRINCE MISHRA	<i>Prince</i>
16	BTET25O1096	PRINCY SINGH	<i>Princy</i>
17	BTET25O1097	PRITHVI SINGH BHADORIA	<i>Prithvi</i>
18	BTET25O1098	PRIYAM SHIVHARE	<i>Priyam</i>
19	BTET25O1099	PRIYANKA RELHAN	<i>Priyanka</i>
20	BTET25O1100	PRIYANSH KATARE	<i>Priyansh</i>



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22	BTET25O1102	PRIYANSHI LUTHRANI	
23	BTET25O1103	PUNEET	
24	BTET25O1104	RACHIT GUPTA	
25	BTET25O1105	RAGHUNANDAN SHARMA	
26	BTET25O1106	RAJ KUSHWAH	
27	BTET25O1107	RAM SARSWAT	.
28	BTET25O1108	RASHI GOYAL	
29	BTET25O1109	RISHABH VASHISHTHA	.
30	BTET25O1110	RISHIKA SONI	
31	BTET25O1111	ROHAN GUPTA	.
32	BTET25O1112	RUDRANSH	
33	BTET25O1113	SAKSHAM SHARMA	
34	BTET25O1114	SAMEER SINGH KUSHWAHA	
35	BTET25O1115	SANSKAR SEN	
36	BTET25O1116	SANSKAR SHARMA	
37	BTET25O1117	SARTHAK SHARMA	.
38	BTET25O1118	SATAYAM YADAV	
39	BTET25O1119	SATYAM RAJPUT	
40	BTET25O1120	SATYAM SINGH GURJAR	
41	BTET25O1121	SATYPRIYA AWASTHI	
42	BTET25O1122	SAUMYA SHARMA	
43	BTET25O1123	SAWAN KUMAR	
44	BTET25O1124	SHAURYA SINGH PARIHAR	



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72	BTET25O1152	YASH JAIN	.
73	BTET25O1153	YASHIKA AGRAWAL	
74	BTET25O1154	YATENDRA KUSHWAH	
75	BTET25O1155	YOGITA SATPUTE	
76	BTET25O1156	YUGRAJ RAGHUWANSHI	
77	BTET25O1157	ANANNYA SHARMA	
78	BTET25O1158	RAM UPADHYAY	
79	BTET25O1159	SARTHAK SINGH TOMAR	.

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