



## **ACTIVITY REPORT**

### **EXPERT LECTURE DELIVERED**

1.	Name of Activity (Title)	<b>Expert Lecture on “Stress Management”</b>
2.	Type of Activity (FDP/Lecture/Technical/conference etc.)	<b>Expert Lecture</b>
	Name of department/ Section/ cell conducting the activity	Computer Applications
3.	In coordination with (if any)	Computer Engineering
4.	Date of conduct	4/9/2025
5.	Name of Activity Coordinator (s)	Dr. Preeti, Dr. Manvi
6.	Amount Spent	
7.	Funding/ grant from (University/ Industry/ UGC/ AICTE/ DST/ TEQIP/ Outside Society/ agency/others (mention)	University
8.	Target audience	First Year Students of Faculty of Informatics & Computing
9.	No. of beneficiaries	600
10.	Name of Outside guests	Adv. Jyoti Rani, NLP Life and Wellness Coach
11.	Any other information	Nil

#### **Expert Lecture on “Stress Management” organized at J.C. Bose University**

J.C. Bose University of Science and Technology, YMCA, Faridabad, organized an Expert Lecture on Stress Management for postgraduate students, delivered by Adv. Jyoti Rani, NLP Life and Wellness Coach. The event, hosted by the Faculty of Informatics & Computing, commenced with a sapling presentation to Adv. Jyoti Rani by Prof. Atul Mishra, Dean (Academics).

In her engaging session, Adv. Rani highlighted the immense potential of the human brain, noting that a single neuron can store information equivalent to 85 GB. She motivated students by emphasizing their role as future leaders, urging them to develop resilience and leadership qualities. Using the metaphor of a pulse line, she explained that life's ups and downs are natural and should be viewed as opportunities for growth.

Adv. Rani elaborated on the body's fight or flight response, describing how adrenaline prepares us for danger and cortisol provides energy bursts. She noted that increased heart rate, blood pressure, and sharpened senses are natural survival mechanisms, but prolonged stress can lead to health issues like insomnia, loss of concentration, absenteeism, extreme anger, migraines, headaches, back problems, and depression.

Addressing challenges faced by students, she discussed social stress factors such as peer pressure, new relationships, balancing academics with social life, financial burdens, long commutes, and part-time jobs. She encouraged students to recognize these stressors and adopt positive coping strategies for mental well-being.



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**(Department of Computer Applications)**

Concluding her lecture, Adv. Rani inspired students by describing the human brain and body as God's most beautiful creations—strong, capable, and resilient. "Never give up till your last breath, because every challenge you face only makes you stronger," she said. The lecture left students motivated to view stress as a stepping stone toward personal growth and leadership.

The event was attended by Prof. Manjeet Singh, Dean of Faculty of Informatics and Computing; Prof. Ashutosh Dixit, Chairperson, Department of Computer Engineering; and Dr. Shilpa Sethi, Chairperson, Department of Computer Applications. The program was coordinated by Dr. Preeti Sethi, Associate Professor, Department of Computer Engineering, and Dr. Manvi, Associate Professor, Department of Computer Applications.





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