

# REPORT

## WEBINAR ON STRESS MANAGEMENT

**Date: 9<sup>th</sup> July, 2021**

**Time: 5- 6 PM**

**Organizers:** Department of Commerce in collaboration with Counseling and Guidance Cell, University of Lucknow

**Speaker:** Mr Kaushalendra Pratap Singh of Heartful Campus

The Webinar on “Stress Management” was organized by the Department of Commerce in collaboration with Counseling and Guidance Cell, University of Lucknow on 09/07/21 at 5pm through Zoom Platform. 223 students had registered for the Webinar which was attended in full strength of 100 participants. Dr. Geetika T. Kapoor, Co-ordinator for the programme on behalf of the Department of Commerce, welcomed the faculty, members of Heartful Campus and various participants and thanked the Almighty for showering his blessings. She thanked the Honourable Vice Chancellor Prof. Alok Kumar Rai for his blessings. She then introduced the key speaker Mr. Kaushalendra Pratap Singh who is a Meditation and Yoga Trainer, Life Coach, Motivational Speaker and Development Sector Professional. She welcomed the Director, Counseling and Guidance Cell, Prof. Madhurima Pradhan who informed that this series of webinars started from 16<sup>th</sup> June, 2021 for the students of the University. Various departments of the University are conducting the series either on stress management or career development. Till now 1600 students have connected through the series.

The Speaker Shri Kaushalendra Pratap Singh thereafter gave a brief & informative presentation on meaning of Stress, how to diagnose and manage it. Then a 10-minute session of meditation was conducted by Ms. Shalini in which she told how the healing energy from mother earth would spread throughout one’s body. Slowly she directed the participants to the heart where each one could experience a divine light.

The enriching and inter-active Webinar concluded with question & answer session where the students put up their queries which were effectively answered by the expert. Ma’am Pradhan and Dr. Kapoor also gave her inputs. A vote of thanks was given by Dr. Geetika T. Kapoor on behalf of the Department and Head, Department of Commerce Prof. Audhesh Kumar who could not join due to another meeting.

**Volunteers:** Ms. Navnindra Kumari, Mr. Pawan Yadav and Mr. Yudhvair Singh. (Research Scholars)

## Key Pictures:



The poster features a red background with floral patterns on the right side. At the top left is the University of Lucknow logo. The text is centered and reads: 'Department of Commerce In collaboration with Counselling and Guidance Cell University of Lucknow Organizes Webinar On: Stress Management 9 JULY 2021 Time 5:00 to 6:00 p.m. Speaker Kaushalendra Pratap Singh Meditation and Yoga Trainer, Life Coach, Motivational Speaker and Development Sector Professional Organizing Team: Prof. Audhesh Kumar Head Department of commerce University of Lucknow Dr. Geetika T. Kapoor Coordinator of Programme Faculty, Department of Commerce University of Lucknow Prof. Madhurima Pradhan Director Counselling and Guidance Cell University of Lucknow To get registered please fill up this Google Form: https://forms.gle/koH4wM7bUBva8c6u5'

**Department of Commerce**  
In collaboration with  
**Counselling and Guidance Cell**  
University of Lucknow

Organizes Webinar  
On:

**Stress Management**

**9 JULY 2021 Time 5:00 to 6:00 p.m.**

Speaker



**Kaushalendra Pratap Singh**  
Meditation and Yoga Trainer, Life Coach,  
Motivational Speaker and Development Sector  
Professional

**Organizing Team:**

<b>Prof. Audhesh Kumar</b> Head Department of commerce University of Lucknow	<b>Dr. Geetika T. Kapoor</b> Coordinator of Programme Faculty, Department of Commerce University of Lucknow	<b>Prof. Madhurima Pradhan</b> Director Counselling and Guidance Cell University of Lucknow
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