



FATIMA COLLEGE

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Affiliated to Madurai Kamaraj University
Re-Accredited with 'A++' by NAAC (Cycle - IV)
Mary Land, Madurai - 625018, Tamil Nadu

DEPARTMENT OF MBA

Title : MANAGING STRESS IN PROFESSIONAL LIFE

Date : 16.02.2024

Resource Person/s : Dr. R. Vetrickarthick

Lecturer

Department of Gandhian Thought and Peace Science

The Gandhigram Rural Institute (Deemed to be University)

Dindigul.

Contact: 8072289315

No. of Participants : 175 Students (I & II MBA)

Focus on : **Skill Development**

Outcome : Students got acquainted with a comprehensive understanding of the importance of excellence in personal and professional life achieved with the realm of striking balance between the two.



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INVITATION



Fatima College (Autonomous)

Mary Land, Madurai -18

Department of MBA

Guest Lecture on

“MANAGING STRESS IN PROFESSIONAL LIFE”

Date: 16.02.2024

Time: 1.30 pm to 2.30 pm

Venue: Sanjose Seminar Hall

Resource Person

Dr. R. VETRICKARTHIK

Lecturer, Department of Gandhian Thought and Peace Science
The Gandhigram Rural Institute (Deemed to be University), Dindigul



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REPORT:

The Department of MBA organised a guest lecture on the topic "Managing Stress in Professional Life", felicitated by the resource person Dr. R. Vetrickarthick, Department of Gandhian Thought and Peace Science, The Gandhian Rural Institute (Deemed to be University), Dindigul. The event was held at Sanjose seminar hall from 1:30 p.m to 2:30 p.m on 16th February, 2024. 89 students of I MBA and 86 students of II MBA attended the session.

Highlights:

The programme began with the welcome address delivered by Ms. Shuruthi of I MBA. The guest lecture focused on the importance of maintaining a healthy work-life balance, overcoming monophobia, finding inner peace, and prioritising good health in order to effectively manage stress in a professional setting.

The speaker began by discussing the concept of work-life balance and its significance in preventing burnout and maintaining overall well-being. He emphasised the importance of setting boundaries between work and personal life, and finding time for self-care activities and hobbies outside of work. The speaker highlighted that creating a balance between work and personal life is essential for reducing stress and increasing productivity in the workplace. The session brought up the issue of monophobia, or the fear of being alone. They explained that many professionals struggle with feeling isolated or lonely, especially in high-stress environments. Strategies for overcoming monophobia, such as seeking support from friends and family, building a strong social network, and engaging in social activities outside of work was highlighted. The speaker also discussed the importance of finding inner peace amidst the chaos of professional life. He encouraged attendees to prioritise their mental and emotional well-being in order to navigate the challenges of a demanding work environment. Lastly, the speaker highlighted the connection between good health and stress management. They discussed the impact of stress on physical health and well-being, and emphasised the importance of maintaining a healthy lifestyle through regular exercise, proper nutrition, and adequate sleep. The speaker encouraged attendees to prioritise their health in order to better cope with stress and improve overall quality of life.

Overall, the guest lecture on managing stress in professional life provided attendees with valuable insights and practical strategies for navigating the pressures of a demanding work environment. Attendees left the lecture feeling inspired and motivated to implement these strategies in their own lives. The session ended with a vote of thanks which was delivered to the speaker by Ms. Rithani of I MBA, for acquainting the students with a refined and value-filled session.



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Photo Gallery



**Dr. R. Vetrickarthick, Department of Gandhian Thought and Peace Science, The
Gandhian Rural Institute (Deemed to be University), Dindigul**

Name list of Participants: I MBA

S.NO	ROLL NO.	STUDENTS NAME
1	2023MBA01	AARTHI M
2	2023MBA02	AARTHI PRIYA B
3	2023MBA03	AFROSE BANU S
4	2023MBA04	AKSHAYA SRI T
5	2023MBA05	ANISA AYESHA A
6	2023MBA06	APSANA M
7	2023MBA07	ASHIKA JULIET S
8	2023MBA08	BAVATHARANEE S
9	2023MBA09	DANANIR M B
10	2023MBA10	DEEPTHI P



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S.NO	ROLL NO.	STUDENTS NAME
11	2023MBA11	DEVI YUVASRI D
12	2023MBA12	DHANUSHYA SREE J
13	2023MBA13	DIVYA R
14	2023MBA14	DIVYA BHARATHI R
15	2023MBA15	DIVYABHARATHI V
16	2023MBA16	DURGA P
17	2023MBA17	DURGA DEVI G
18	2023MBA18	EMIMA S
19	2023MBA19	EVANGELIN EMIMA T
20	2023MBA20	FARHANA BEGAM S
21	2023MBA21	GAYATHRI R
22	2023MBA22	GEETA PRIYA S
23	2023MBA23	HARINI P
24	2023MBA24	HARITHA S
25	2023MBA25	ISHWARYA K
26	2023MBA26	ISHWARYA R
27	2023MBA27	IYASHIKA P
28	2023MBA28	JANANI S
29	2023MBA29	JAYA MEENA K
30	2023MBA30	KABILA G
31	2023MBA31	KARTHIKA S
32	2023MBA32	KAVYA S
33	2023MBA33	KEERTHANA D
34	2023MBA34	KRITHIKA K
35	2023MBA35	LAKSHMI PRIYA R



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S.NO	ROLL NO.	STUDENTS NAME
36	2023MBA36	LAVANYA P
37	2023MBA37	LYNCIA REBEK P
38	2023MBA38	MAHALAKSHMI R
39	2023MBA39	MARIESWARI S
40	2023MBA40	MEGA M
41	2023MBA41	MELBAH JEMILIN VIBINA M
42	2023MBA42	MOHAMMED MUMTAJ BEGAM NACHYAR
43	2023MBA43	MOHANA DHARSHINI S
44	2023MBA44	NACHIYAR V
45	2023MBA45	NAGAPRIYADHARSHINI G
46	2023MBA46	NIDARSHINI P V
47	2023MBA47	NISHADEVI R
48	2023MBA48	NITHYA P
49	2023MBA49	NITHYASRIHARITA R
50	2023MBA50	NIVETHA R
51	2023MBA51	PONAKSHAYA S
52	2023MBA52	POORANI J
53	2023MBA53	POORANI R
54	2023MBA54	PRAVEENA K
55	2023MBA55	PRITHISHIKA S
56	2023MBA56	RANJANI R
57	2023MBA57	RINE JOSE I
58	2023MBA58	RISHIKA SREE R K
59	2023MBA59	RITHANI R
60	2023MBA60	ROSHANI KUJUR



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S.NO	ROLL NO.	STUDENTS NAME
61	2023MBA61	ROSHINI J
62	2023MBA62	ROSHINI SHAIKH M H
63	2023MBA63	SALVA S
64	2023MBA64	SAMPREETHA R B
65	2023MBA65	SANTHANA VINNILA A
66	2023MBA66	SARALADEVI M
67	2023MBA67	SATHYABAMA M
68	2023MBA68	SEELA VARSHINI G
69	2023MBA69	SELVAMANI P
70	2023MBA70	SHALINI K
71	2023MBA71	SHARLI SILVIYA I J
72	2023MBA72	SHOBICA A
73	2023MBA73	SHURUTHI G
74	2023MBA74	SIVARANJANI M
75	2023MBA75	SNEGA VARSHINI N
76	2023MBA76	SNEKA P
77	2023MBA77	SONIA MAHALAKSHMI K
78	2023MBA78	SUVETHA N A
79	2023MBA79	SWATHI S
80	2023MBA80	SWETHAA G
81	2023MBA81	THILLAI PRIYA M
82	2023MBA82	UMERAH SHIFANA S
83	2023MBA83	VAISHNAVI S
84	2023MBA84	VARSHA SRI S
85	2023MBA85	VASUMATHI S



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S.NO	ROLL NO.	STUDENTS NAME
86	2023MBA86	VIBHACINI K
87	2023MBA87	VIDHYA POORANI V T
88	2023MBA88	VIJAYALAKSHMI R
89	2023MBA89	VINITHA K

II MBA STUDENTS NAME LIST:

S.NO	Roll No.	STUDENTS NAME
1.	2022MBA01	ABINAYA A
2.	2022MBA02	ABIRAMI E
3.	2022MBA03	ABIRAMI V
4.	2022MBA04	AGALYA M
5.	2022MBA05	AKILA V
6.	2022MBA06	ALIN MARIA VINCY A
7.	2022MBA07	ANGELINPREETHI J
8.	2022MBA08	ARO CELSIA A
9.	2022MBA09	ASMITHA SREE J S
10.	2022MBA10	ATHERSHA C
11.	2022MBA11	BHAGYALAKSHMI S
12.	2022MBA12	BHAVANI D S
13.	2022MBA13	CELCIYA P
14.	2022MBA14	DEVADHARSHINI C I
15.	2022MBA15	DHAARANI M
16.	2022MBA16	DHARA S
17.	2022MBA17	DHARANI N



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S.NO	Roll No.	STUDENTS NAME
18.	2022MBA18	DHARANIKA R
19.	2022MBA19	DHIRTHANA A
20.	2022MBA20	DHIVYAKUMARI A
21.	2022MBA21	DURGA DEVI R
22.	2022MBA23	GANDHIMATHI M
23.	2022MBA24	GANGA MUNEESHWARI S
24.	2022MBA25	GAYATHRI K J
25.	2022MBA26	GEETHA R
26.	2022MBA27	GOWRI S
27.	2022MBA28	HARINI M
28.	2022MBA29	INFANT JENIFER J
29.	2022MBA30	JACKLIN MERCY A
30.	2022MBA31	JANANI M
31.	2022MBA32	JENIFERRAJPRINCE A
32.	2022MBA33	JERIN HASINA S
33.	2022MBA34	JOY GILDA FLORENCE B
34.	2022MBA35	JUVAIRIYA BEGUM M
35.	2022MBA36	KAMALI A
36.	2022MBA37	KEERTHANA P
37.	2022MBA38	KIRUTHIGA R
38.	2022MBA39	LAKSHMI PRABHA B
39.	2022MBA40	LEO MERLIN X
40.	2022MBA41	MADHUBALA N
41.	2022MBA42	MEENACHADHIKA G
42.	2022MBA43	MEERA SEETHARAMAN
43.	2022MBA44	MUTHU ABINAYA R



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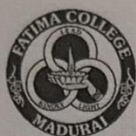
S.NO	Roll No.	STUDENTS NAME
44.	2022MBA45	MYMOON FIRDOUS M
45.	2022MBA46	NABIHA BANU M
46.	2022MBA47	NAGA JOTHI P
47.	2022MBA48	NAYAKI POOJA A
48.	2022MBA49	NEHA S
49.	2022MBA50	NITHERVINI R
50.	2022MBA51	PADMA PREETHA S
51.	2022MBA52	PAVITHRA C (17-03-2002)
52.	2022MBA54	PONYAMUNA G
53.	2022MBA55	POORNIMA M
54.	2022MBA56	PRAVEENA M
55.	2022MBA57	PRINCY S
56.	2022MBA58	PRIYADHARSHINI B
57.	2022MBA59	PRIYADHARSHINI M B
58.	2022MBA60	RAJA RAJESHWARI M S
59.	2022MBA61	RAJARAJESHWARI S
60.	2022MBA62	RATHIMEENA K
61.	2022MBA63	RINTHIYA SRI G
62.	2022MBA64	RUBINA J
63.	2022MBA65	RUBY V
64.	2022MBA66	SANGEETHA B
65.	2022MBA67	SANKARI S
66.	2022MBA68	SANTHIYA A
67.	2022MBA69	SHALINI BRINDHA B
68.	2022MBA70	SHANKARI N
69.	2022MBA71	SHEELA A



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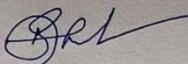


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S.NO	Roll No.	STUDENTS NAME
70.	2022MBA72	SHREE LEKHA B S
71.	2022MBA73	SNEHA P S
72.	2022MBA74	SONALI R
73.	2022MBA75	SUBA LAKSHMI G
74.	2022MBA76	SUBASHINI N
75.	2022MBA77	SUBBULAKSHMI A
76.	2022MBA79	SUMAIYA PARVEEN N
77.	2022MBA80	SWATHI C
78.	2022MBA81	SWETHA M
79.	2022MBA82	THANGESWARI B
80.	2022MBA83	THERESE DAYANA S
81.	2022MBA85	VIJAYADHARSHINI M
82.	2022MBA86	VISALAKSHI A
83.	2022MBA87	WAASHIFA BANU M I
84.	2022MBA88	YAMINI S
85.	2022MBA89	YAZHINI M
86.	2022MBA90	YAZHINI S


(Dr. P. Shyamala)

Signature of HOD

Annual Quality Assurance Report (AQAR) (2023-2024)