



Report

Invited Talk

on

Stress Management

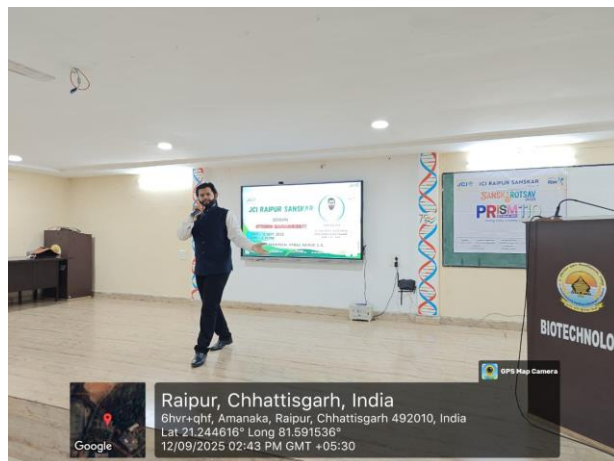
12/09/2025

The School of Studies in Biotechnology and the Alumni Association of Biotechnology, Pt. Ravishankar Shukla University, Raipur (C.G.), in collaboration with the Placement Cell, Pt. Ravishankar Shukla University, Raipur (C.G.) and JCI Raipur Sanskar, organized a lecture on “**Stress Management**” on 12 September 2025 at the Seminar Hall, School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur (C.G.).

The event began at 2:30 pm with a warm welcome to the speaker, **Mr. Amitesh Pathak, JCOM National Director, Coaches Development**, who was felicitated with a sapling by Prof. Keshav Kant Sahu, Head, School of Studies in Biotechnology. Following this, Mr. Bhaskar Sahu introduced the guest speaker to the audience. The event was attended by approximately 65 students from the various Schools of the campus such as Biotechnology, Law and Management.

Mr. Pathak highlighted the various forms of stress faced by students in their daily lives, including academic stress, pressure to achieve high grades, heavy workloads, assignments, peer pressure, comparison, competition, career concerns, and job-related anxieties. He emphasized that stress can significantly affect students’ concentration, memory, and decision-making abilities, often leading to overthinking, anxiety, and even depression if left unmanaged. Furthermore, he pointed out that stress not only affects the mind but also manifests physically through symptoms such as weight fluctuations, hair fall, headaches, weakened immunity, and sleep disturbances. Mr. Pathak discussed several strategies to help students manage stress effectively and maintain both well-being and academic performance. He particularly emphasized time management as a key tool, encouraging students to plan and prioritize tasks through regular self-review. The session concluded with Prof. Keshav Kant Sahu presenting a memento and certificate of appreciation to the esteemed guest, Mr. Amitesh Pathak, as a token of gratitude.

Glimpses of the session





Join us and learn how to stay calm, focused, and resilient !

Invited Talk

On

STRESS MANAGEMENT

Highlights:



Mindfulness & Relaxation Techniques



Fun & Interactive Coping Strategies



Understanding the Fundamentals of Stress



**JCI SEN ADV.
AMITESH PATHAK**

JCOM National Director-
Coaches Development

12th September 2025



02:30-03:30 pm



Organised by

**School of Studies in Biotechnology
Alumni Association of Biotechnology
Placement Cell,
Pt. Ravishankar Shukla University, Raipur**

In Association with

JCI Raipur Sanskar



Venue: Seminar Hall , SoS in Biotechnology, PRSU

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