

Stress Management Committee

Convenor: **Deepika Handa**

The "Stress Management Committee" envisions a campus environment where stress well-being is not merely a reactionary response to crisis but a proactive foundation for academic and personal excellence. Our vision is to move the student body from "Chaos to Clarity." The aim is to equip every student with the "Art of Processing," enabling them to navigate the pressures of modern college life through emotional regulation and strategic framing.

Beyond Deadline: Mental Health Matters

A seminar titled "Beyond Deadline: Mental Health Matters" was held on November 17, 2025. The event

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served as a critical intervention into student well-being; symbolizing the committee's dedication to illuminating health awareness. The guest of honor, Professor Rakesh Sinha, Former Member of Parliament, delivered a profound address characterized by its humor and relatability, focusing heavily on the psychological barriers that impede student success and the acquisition of knowledge. A central pillar of his talk was the concept that "Knowledge transcends the limit of languages," wherein he urged students to ensure that linguistic disparities do not become a cage for their intellectual growth.

The Stress Management Committee further enhanced the seminar's practical value by introducing Chief Speaker , Mr. Gaurav Sharma, Leadership Coach and Author Educator, who provided a technical and structural framework for managing internal pressure. The seminar also marked an institutional milestone with the official Launch of a New Society titled "Forge Up", designed to further the growth of students.