



Date: 5th January 2022

Notice

This is to inform all BBA students that **A Talk on managing the relationship in all spheres of life - Psychological perspective** is being organized on 7th January 2022 from 09:00 am onwards in Seminar Hall, MIMT. Students are encouraged to discuss their mental well-being. Post lunch individual counseling will be handled by Psychologist in counseling room 1 and 2. Dr. Manisha Gupta is appointed as coordinator of the event; students can submit their names to coordinator for individual meeting with Psychologist.

Member Secretary

ICC, MIMT

CC to:

The Director

IQAC Coordinator

Head of Department/s

All Faculty members

All Students: Notice Board

Office File



Report	
Name of Activity	A Talk on managing the relationship in all spheres of life - Psychological perspective
Date	7 th January 2022
Venue	Seminar Hall
Organized by	Management Department
Name of Recourse Person / Guest	Mr. Praveen Kumar (B.Ed Faculty, MIMT)
Participated by	Students and Faculty of BBA
Activity Coordinator	Dr. Manisha Gupta
Objective	To ensure Mental Health of students
Content	<p>A healthy lifestyle can be beneficial for one's mental health. Thus, identifying healthy lifestyle choices that promote psychological well-being and reduce mental problems is useful to prevent mental disorders.</p> <p>Activity Coordinator started the morning session by welcoming and introducing the Psychologist. While addressing to the audience, the expert emphasized on early recognition of mental illness and important role of students in the society in reducing the stigma related to mental illness.</p> <p>He also enlightened the students on managing stress and finding the ways to develop coping strategies to reduce the stress. He said that stress doesn't only make us feel awful emotionally, it can also exacerbate just about any health condition you can think of. Studies have found many health problems related to stress. Stress seems to worsen or increase the risk of conditions like obesity, heart disease, Alzheimer's disease, diabetes, depression, gastrointestinal problems, and asthma. Experiencing anxiety or depression can make it difficult to eat well, but good nutrition is necessary for your mental wellbeing.</p> <p>An interactive session was done through a series of questions and answers. Post lunch individual session was handled by psychologist to discuss and solve the student's individual problems/issues. For this counseling room were utilized so that proper privacy and silence can be maintained.</p>
Outcome of Activity	Students/faculty/staff now knew if they were suffering from any mental issue/problem and knew that how to treat that issue/problem.



Student Beneficiaries:

S. No	Name		
1	A RENDEMO JAMI	53	MERAJ AHMAD
4	ABHISHEK SINGH	54	MINATI KUMARI
5	ADITYA CHAUBEY	55	MOHAMMAD AKMAL
6	AKANSHA CHAUDHARY	56	MOHD SHARIB ALEEM
7	AKASH RAJ	57	MOHD TARIQ
9	AMRESH SINGH	58	MUSIFUL HAQUE
10	ANJALI SINGH	59	MUSKAN
11	ANKIT BHATI	60	NANDNI SHARMA
12	ANKIT KUMAR	61	NAWAZ ALAM
14	ANU DIVYA R	62	NAYAB KHAN
15	ARJUN SINGH	63	NEHA KUMARI
16	ARUNKUMAR A S	64	NEHA PAL
18	ASHUTOSH KUMAR	65	PALLAVI SINGH
19	ATAUR RAB	66	PIYUSH SHRIVASTAVA
20	AYUSH KUMAR PANDEY	67	POOJA
21	AYUSH KUMAR SINHA	68	POOJA DUA
22	BASIT SAFDER	70	PRAGYA JOSHI
24	DEEPAK RAJ DIGABBAR	72	PRANAV KUMAR
25	KUMAR	73	PRANJUL SAHU
26	DIKSHA	74	PRASHANT MISHRA
27	DIPTEE NIRALA	75	PRINCE PACHAURI
28	GUNDESHWARI GURVINDRA	76	PRIYA SHARMA
29	SINGH HIMANSHI	77	RABISH KUMAR SINGH
30	SINGHAL JAGMOHAN	78	RAHUL KUMAR
33	SHARMA JYOTI	79	RAHUL SINGH
34	DURGAPAL	80	RAKHI PAL



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35	KM BHARTI SHARMA	81	RAM AVTAR SAHANI
37	KM KOMAL KM NISHI	82	RAMA SRIVASTAVA
38	DHAKA KM PRIYA	83	RAMANDEEP KAUR
39	MISHRA KOMAL	84	RATNESH KUMAR DUBEY
40	PANWAR KOMAL	85	REKHA
41	SHARMA KUMAR	86	RISHA BANIA
42	GAURAV KUMAR	87	RITIKA VASHISHT
43	MITESH LEKHIKA	88	ROBIN SINGH
46	SHARMA MANOJ KUMAR	89	SAHIL JITENDRA DAYARAMANI
48	CHOUDHARY	90	SAKSHAM SINGH
49	MD AHTEESAM MD ASLAM	91	SALONI SIROHI
50	ANSARI	92	SANKET JAISWAL
51	MEENAKSHI	93	SARIT KATARIA
52	MEGHA YADAV	94	SARITA KUMARI
		95	SAURABH SINGH
		96	SHIKHA MISHRA
		97	SHIVAM TIWARI
		98	SHIVAM YADAV



- 99 SHIVANSHI
SRIVASTAVA
SHREY
- 100 BHATNAGAR
SHUBHAM
- 101 KUMAR
SHUBHAM
- 102 MITTAL
SIMRAN
- 103 ARORA
- 104 SIMRAN PRIYA
- 105 SONAL GUPTA
SPARSH
- 106 CHAUHAN
SPARSH
- 107 MASSEY
SPARSH
- 108 SINGHAL
SRI NIVAS
- 109 KUMAR
SUDHANSHU
- 110 BHATNAGAR
SUFİYAN
- 111 AHMAD
SUMIT KUMAR
- 112 ROUT
SUNNY
- 113 CHAUDHARY
- 114 TAMANNA
- 115 TANYA JAIN
- 116 TANYA



	SAKHUJA
	TAPISH
117	TONGER
118	TRIPTI KUMARI
119	UNNATI SINGH
	UTKARSH
120	CHAURASIA
121	VIKAS KUMAR
122	VIKKI
123	VINAY KUMAR
	VIPIN SINGH
124	RAWAT
	VIPUL SINGH
125	RATHOR
	VISHAL KUMAR
126	PAL
127	VISHAL TYAGI

BBA 3rd Sem

S.	No.	Name
		AASHISH
1		KUMAR
		ABHINAV MANI
2		TIWARI
		ABHISHEK
3		GAUTAM
		ABHISHEK
4		GUPTA
		ABHISHEK
		KUMAR
5		SHANDILYA
		ABHISHEK
		KUMAR
6		SHARMA
		ADARSH SINGH
7		RAJPUT
		ADITYA
8		KUMAR
		AHMAR
9		HUSAIN
		AMAN KUMAR
10		JHA
11		AMIT KUMAR
		AMITESH
		KUMAR
12		PANDEY
		ANCHAL
13		KUMARI
		ANDRITA
14		SHARMA
		ANGELA
15		GEORGE



- 16 ANJALI
- 17 ANKIT KUMAR
ANOUSHKA
- 18 GARG
ANSHUL
- 19 KUMAR
- 20 ANSU KUMARI
ANUBHAV
- 21 SUTRADHAR
ANUWARYA
- 22 ROY
- 23 ARIF KHAN
- 24 ARTI PAL
ARYAN
- 25 SRIVASTAVA
- 26 ASHU SHARMA
ASHVANI
- 27 KUMAR SINGH
ATUL
- 28 JAGADEESAN
- 29 AVINASH
BHARTI
- 30 CHAUHAN
- 31 BHAWANI
DEEKSHA
- 32 GUPTA
DEEPAK
- 33 KUMAR
DHAN
BAHADUR
- 34 THAPA
DHANBIR
- 35 KUMAR
EKHLAS
- 36 PARWEEN
- 37 FOZIA KHAN
GAJENDRA
- 38 SINGH
GAURAV
- 39 KUMAR SINGH
GHANSHYAM
- 40 SHARMA
- 41 HARSH BHATI
HIMANSHU
- 42 GUPTA
JAYANT
KUMAR
- 43 SACHAN
JITENDRA
SINGH
- 44 RATHORE
- 45 JYOTI
KAMAL
- 46 KAPOOR



- 47 KAPIL YADAV
KARTIKEY
- 48 GUPTA
KHUSHBOO
- 49 BHARDWAJ
KISHAN
- 50 KUMAR
LALIT MOHAN
- 51 BHARDWAJ
MAHIMA
- 52 PATHAK
MASADUR
- 53 RAHAMAN
MD ARISH
- 54 TASLIM
- 55 MD RAJA KHAN
MOHD ZISHAN
- 56 SALMANI
- 57 MOSAM ALI
MRITYUNJAY
- 58 KUMAR
MUSKAAN
- 59 GUPTA
NAVNEET
- 60 NANDAN
- 61 NEELAM
- 62 NEHA SHARMA
- 63 NIKHIL SINGH
NIKHIL
SUBHASH
- 64 GUPTA
NILA
- 65 NISHALIKA
NISHANT
- 66 SINGH YADAV
- 67 NISHITA SINGH
NITESH
- 68 KUSHWAHA
PANKAJ
- 69 KUMAR
- 70 PINKU SHARMA
- 71 POOJA KUMARI
- 72 PRACHI RANE
PRASHANT
- 73 SHARMA
PRAVEEN
- 74 KUMAR SINGH
RAGHUNATH
- 75 SHARMA
- 76 RAJA KUMAR
RAJANIKANT
- 77 KUMAR
RAJU KUMAR
- 78 RAMEKBAL



- CHAURASIYA
79 RAKESH
KUMAR
RAKESH
KUMAR
80 GANDHI
81 RASHI MITTAL
RASHMI
82 KUMARI
RAUSHAN
83 KUMAR
84 RAZAUR RAB
85 RENU
RISHABH
86 GUPTA
87 RISHIKA
RISHUKA
88 SINGH
89 ROHIT JHA
RUCHIKA
90 KUMARI
S GELI GREEMA
91 NAYAK
92 SAGAR
93 SAHIL BHATI
SAKET
94 AGARWAL
95 SAKET KUMAR
96 SAMEEN
SAURABH
97 KUMAR
98 SERVER KHAN
SHARIQUE
99 HUSSAIN
SHASHANK
100 KUMAR
101 SHASHI KUMAR
SHASHWATI
102 DAS
SHIKHA
103 KUSHWAHA
SHIVAM
104 SHARMA
SHREYA
105 KESHRI
SHUBHANJALI
106 VERMA
107 SHUMESH RAY
SUMAYYA
108 KHATOON
TAMANNA
109 BHALLA
110 TANVI



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MATHUR

- 111 TOOBA KHAN
- 112 VIKASH PAL
VISHNU
- 113 KESHARI
VISHWANATH
- 114 JHA
YASHI
- 115 MEHROTRA
- 116 YATANVEER
- 117 ZAKIR HUSSAIN