

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

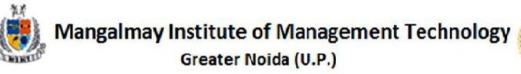


Mangalmay Institute of Management Technology

Greater Noida (U.P.)



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	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. 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. 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. An interactive session was done though 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.
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 ARUNKUMAR A	63	NEHA KUMARI
16	S ASHUTOSH	64	NEHA PAL
18	KUMAR	65	PALLAVI SINGH
19	ATAUR RAB AYUSH KUMAR	66	PIYUSH SHRIVASTAVA
20	PANDEY AYUSH KUMAR	67	POOJA
21	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

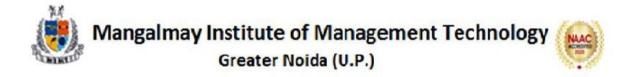


Mangalmay Institute of Management Technology

Greater Noida (U.P.)



	KM BHARTI		
35	SHARMA	81	RAM AVTAR SAHANI
37	KM KOMAL	82	RAMA SRIVASTAVA
	KM NISHI		
38	DHAKA	83	RAMANDEEP KAUR
	KM PRIYA		
39	MISHRA	84	RATNESH KUMAR DUBEY
40	KOMAL	05	DEIZHA
40	PANWAR	85	REKHA
41	KOMAL SHARMA	86	RISHA BANIA
41	KUMAR	80	KISHA DANIA
42	GAURAV	87	RITIKA VASHISHT
	KUMAR		
43	MITESH	88	ROBIN SINGH
	LEKHIKA		
46	SHARMA	89	SAHIL JITENDRA DAYARAMANI
	MANOJ KUMAR	22	
48	CHOUDHARY	90	SAKSHAM SINGH
49	MD AHTESAM	91	SALONI SIROHI
	MD ASLAM	22	
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
		50	



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
108	SPARSH SINGHAL SRI NIVAS
109	KUMAR
110	SUDHANSHU BHATNAGAR SUFIYAN
111	AHMAD SUMIT KUMAR
112	ROUT SUNNY
113	CHAUDHARY
114	TAMANNA
115	TANYA JAIN
116	TANYA



Greater Noida (U.P.)



SAKHUJA

- TAPISH
- 117 TONGER
- 118 TRIPTI KUMARI119 UNNATI SINGH
- 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

15 GEORGE





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

46 KAPOOR





47	KAPIL YADAV
48	KARTIKEY GUPTA
49	KHUSHBOO BHARDWAJ
50	KISHAN
50	KUMAR LALIT MOHAN
51	BHARDWAJ MAHIMA
52	PATHAK
53	MASADUR RAHAMAN
54	MD ARISH TASLIM
55	
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
65	NILA NISHALIKA
05	NISHALIKA
66	SINGH YADAV
67	NISHITA SINGH NITESH
68	KUSHWAHA
69	PANKAJ KUMAR
70	PINKU SHARMA
71	POOJA KUMARI
72	PRACHI RANE
. –	PRASHANT
73	SHARMA PRAVEEN
74	KUMAR SINGH RAGHUNATH
75	SHARMA
76	RAJA KUMAR
77	RAJANIKANT KUMAR
	RAJU KUMAR
70	

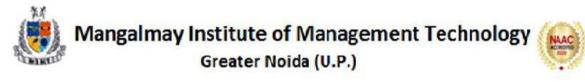
78 RAMEKBAL





	CHAURASIYA
	RAKESH
79	KUMAR
	RAKESH
80	KUMAR GANDHI
81	RASHI MITTAL
01	RASHMI
82	KUMARI
83	RAUSHAN KUMAR
84	RAZAUR RAB
85	RENU
85	RISHABH
86	GUPTA
87	RISHIKA
00	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
07	SAURABH
97	KUMAR
98	SERVER KHAN SHARIQUE
99	HUSSAIN
	SHASHANK
100	KUMAR
101	SHASHI KUMAR SHASHWATI
102	DAS
-	SHIKHA
103	KUSHWAHA
104	SHIVAM SHARMA
104	SHREYA
105	KESHRI
106	SHUBHANJALI
106 107	VERMA SHUMESH RAY
107	SUMAYYA
108	KHATOON
100	TAMANNA
109 110	BHALLA
110	

110 TANVI



MATHUR

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