

Date: 23 April 2025

A Report of Time and Stress Management

Resource Person:

1. Dr. Jay Singh, Convener-GL Bajaj Value Education Cell
2. Dr. Rajneesh Khare, Coordinator GL Bajaj Value Education Cell

Event Date: 22nd April 2025

Event Time: 02:00pm to 4:00pm

Event Venue: SBG Hall, and Room No. 806 AB-II

No. of Participants: Room No. 711, 7th Floor, AB-II, GL Bajaj ITM

The Value Education Cell, G. L. Bajaj Institute of Technology and Management organized a focused and inspiring session on "Time and Stress Management" on 22nd April 2025. The event was aimed at promoting self-awareness, mental well-being, and practical strategies for managing daily academic and personal pressures among students and faculty. This initiative is part of the institute's broader commitment to nurturing value-based education and life skills in its learning ecosystem.

The session began with a formal welcome of Dr. Jay Singh and a brief overview of the agenda. Dr. Singh and Dr. Khare initiated the discussion by drawing attention to the difference between being 'busy' and being 'productive', and emphasized how clarity of purpose is key to meaningful time usage. They shared widely applicable time management tools like prioritization matrices, daily planners, SMART goals, and focus techniques like the Pomodoro method.





The topic of stress was addressed with a humanistic view, identifying it as a natural response but stressing the need to regulate it consciously. Dr. Singh guided participants through techniques such as mindfulness, journaling, and self-discipline, helping them to realign their routines. **Pranayam and Yoga Segment:** One of the most refreshing aspects of the session was the short Pranayam and Yoga segment conducted by Dr. Singh.

Participants were taught simple breathing exercises (Pranayam) such as Anulom-Vilom and deep diaphragmatic breathing to relieve anxiety and enhance concentration.



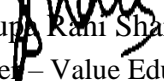



The yoga component included basic stretching and relaxation postures, designed to reduce physical tension and calm the nervous system. The live demonstration encouraged enthusiastic participation and brought a moment of peaceful stillness, allowing attendees to experience firsthand the connection between physical balance and mental clarity. This unique integration of practical stress-relief techniques added immense value to the session and was deeply appreciated by all present.

Key Takeaways from the session:

Time is a finite and powerful resource; conscious scheduling and prioritization are key to effective outcomes. Stress can be reduced significantly by cultivating self-awareness, discipline, and balance. Regular practice of yoga and Pranayam can be a simple yet powerful tool for managing stress and enhancing focus. Value-based living strengthens internal resilience and supports long-term success and happiness. The session on Time and Stress Management by Dr. Jay Singh and by Dr Rajneesh Khare were a holistic and enriching experience for all participants. It offered practical tools for time management while emphasizing inner well-being through yoga and Pranayam. The Value Education Cell remains committed to fostering such meaningful engagements that help shape well-rounded individuals with both competence and character.

Regards


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