




### Guest Lecture

<b>Topic :</b>	 <b>Guest Lecture on “Stress Management for Professionals”</b>
<b>Date of event :</b>	26 <sup>th</sup> August, 2010
<b>Profile of the Guest:</b>	Dr. Neeraj Jain, Senior Pathologist & visiting member of Maharaja Agrasen Hospital, Action Balaji Hospital & Bhagwati Hospital.
<b>Description of the Event :</b>	<p>"Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances."</p> <p style="text-align: center;">—Thomas Jefferson</p> <p>Stress management is the need of the hour especially for the professionals as rightly put by <b>Dr. Jain “Personal Management should precede Personnel Management”</b>. But matter of the fact is however hard we try to go beyond a stress situation; life seems to find new ways of stressing us out and plaguing us with anxiety attacks. Moreover, be it our anxiety, mind-body exhaustion or our erring attitudes, we tend to overlook causes of stress and the conditions triggered by those. In such unsettling moments we often forget that stressors, if not escapable, are fairly manageable, all that it takes is an attitude to achieve and a will power to excel.</p>

**Description of the Event :**

The MBA & MCA students are on the verge of stepping into the “Professional world” that encompasses in itself opportunities as well as challenges. These are the cause of a sense of achievement but are accompanied with pressure to perform and excel. So it becomes imperative for any professional institute to provide its students with necessary inputs in this direction. This Guest Lecture was another stepping stone which evidenced the commitment of RDIAS towards its students. The Orator cited the definition of the word “stress” as given by the **Oxford Dictionary** which is "**A state of affair involving demand on physical or mental energy**” Today, with the rapid diversification of human activity, especially in the professional arena, we come face to face with numerous causes of stress and the symptoms of anxiety and depression. He also emphasized that stress, in moderate doses, is necessary in our life.

Research suggests that stress can actually increase our performance. Instead of wilting under stress, one can use it as an impetus to achieve success. Under stress the brain is emotionally and biochemically stimulated to sharpen its performance. But taking stress positively and as a Catalyst for growth requires self motivation along with pertinent guidance. Here comes the role of Stress Management which is the amelioration of stress and especially chronic stress often for the purpose of improving everyday functioning. It was an interactive session where the students learnt to balance and relax their professional life and take stress as a performance booster and not hindrance thus “Creating Excellence through positive competition”. The key note speech was given by Lion Madhu Aggarwal who was also the Chief Guest. The Guest of Honour was Lion Rajeev Goyal.