

Internal Quality Assurance Cell
Government Meera Girls College, Udaipur 313001

Report on Extension Lecture
Organisational Behaviour and Stress Management

An extension lecture on Organisational Behaviour and Stress Management was organized on January 15, 2019 by Internal Quality Assurance Cell of Meera Girls College, Udaipur.

Dr. Ira Bhatnagar Associate Professor of Economics, Assistant Director OTS was the resource person of the occasion. The programme commenced with garlanding of Goddess Saraswati. Principal Dr. Ritu Matharu welcomed the Dr Bhatnagar, Dr. Shashi Sanchiher, Coordinator IQAC, welcomed Principal. Dr. Priyamvada Soral gave the introduction of the programme and talked about the relevance of the workshop.

Dr. Ira Bhatnagar, discussed various aspects of stress management, emphasizing the reasons of stress and measures to cope up with it by maintaining the positive attitude, recognizing one's own abilities and working in a planned manner.

After the lecture, feedback from Ministerial staff and subordinate staff was taken

Shri D.C. Parmar OS, said that urgent demand of information from the higher officials is one of the major causes of stress. Shri Ramesh Parikh, Lab Assistant (Physics) said that shortage of staff makes the employees overburdened and leads to stress.

Priyanka Gandhi, LDC academic section said that we can give good results by our attitude.

Dr. Matharu in her address said that we should treat institution as family; this will solve all the work related problems by its own. Dr. Shashi Sanchiher gave the vote of thanks. Dr. Kanan Saxena hosted the programme, Dr. Bhawna Pokharna was the rapporteur. Dr. Sandhya Pathania and Dr. Sakshi Chouhan actively contributed to the programme.



Dr. Shashi Sanchiher
Coordinator (IQAC)




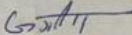
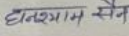



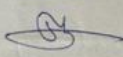




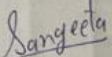
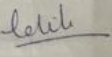


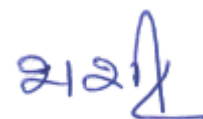
A handwritten signature in blue ink, appearing to read "शशि" followed by a stylized flourish.

Dr. Shashi Sanchiher
Coordinator (IQAC)

List of Participants

IQAC.
ORGANIZATIONAL BEHAVIOUR & STRESS
MANAGEMENT.

No	NAME	Signature
1	Pankaj Jhari	
2	Shankar Singh	
3	Bhagwati Prasad	
4	Jagdish Sharma	
5	Ghanshyam Sain	
6	Chakrabani Ameta	
7	Mohan Lal Dary	
8	Ramesh Parika	
9	Jayesh Kurohit	
10	D. C. Parmar	
11	Priyanka Gandhi	
12	Rekha Sharma	
13	Lalita Mali	
14	Sangeeta Patel	
15	Lalita Kumbhar	



Dr. Shashi Sanchiher
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