



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

(Unit of Alva's Education Foundation (R), Moodbidri)

Affiliated to Visvesvaraya Technological University, Belagavi & Approved by AICTE,
New Delhi. Recognized by Government of Karnataka.

Accredited with A+ by NAAC

Shobhavana Campus, MIJAR-574225, Moodbidri, D.K., Karnataka

Ph: 08258-262725; Mob:722262724,7026262725,mail:principalaiet08@gmail.com

PG DEPARTMENT OF BUSINESS ADMINISTRATION 2022-23

REPORT ON GUEST TALK



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GUEST TALK ON STRESS & EMOTION MANAGEMENT

Date : 25-04-2023

Time: 10:30AM

Resource person: Mr. Sridhar Aranala, Vice President, Sales and Distribution, The Hindu Group

Venue: Kuvempu Hall

PG Department of Business Administration conducted Programme for 1 year MBA, MCOM and Journalism students on stress and emotion management on 25 April 2023 by Mr. Sridhar Aranala, Vice President, sales and distribution, The Hindu Group. The resources person enlightened his discussion about the Hindu and he said that consumers are the back bone of there newspaper not the advertisement. He also discussed about their steps, process and 7p' marketing of the Hindu newspaper with some example and videos. He explained the 3 important things of marketing and how is it done. We felt that this session was interesting and also clarified our doubts by asking question.



The Resource Person Addressing the Gathering



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He also highlighted that why should we need to read newspaper and its uses. Then he look the session on stress & emotion management and his discussion about what is stress,how it caused and how to overcome & remain stress free . At last he presented us a beautiful example of lord Krishna related to how to overcome our fears.

Outcome:

- In this session, students came to know about the important of the newspaper like to improve the communication and general knowledge.
- Students got to know about the steps that is involved in manufacturing of newspaper.
- Students also learnt how to overcome the stress, emotions and fears.

Around 100 Students participated in the session and gained knowledge about how to overcome the stress and emotions and some information about Hindu newspaper.

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Dept. of Business Administration
Alva's Institute of Engg. & Technology
MIJAR - 574 225

Chairman

IQAC

AIET, Mijar



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PG DEPARTMENT OF BUSINESS ADMINISTRATION

Ref: AIET/MBA/2023/8

Date -21/04/2023

To

IQAC Chairman

AIET, Mijar

Respected Sir

Sub: Request to conduct the session on Stress & Emotional management

In association with "The Hindu", PG Department Business Administration is conducting a Session on Stress & Emotional Management for MBA, MCOM, MHRD, Journalism and Reader's club members by Mr. Sridhar Aranala, Vice President (S & D) and Mr. Babuvijay, Senior General Manager (Tamilnadu & Karnataka) The Hindu group, Chennai in Kuvempu Hall, Alva's Degree College on 25th April 2023 at 10:30am.

With respect to this I would like to kindly request you to grant us permission.

The Budget estimated for this session is Rs. 2900. The details are as follows:

- 2 Banners : Rs. 900
- Felicitation for the guests – Rs.2000

Thanking You

Your Sincerely

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PG DEPARTMENT OF BUSINESS ADMINISTRATION

AIET/MBA/ID/140

Date: 24/04/2023

CIRCULAR

It is hereby informed all the First year MBA students to attend the Session on Stress & Emotional management by Mr. Sridhar Aranala, Vice President (S & D) and Mr. Babuvijay, Senior General Manager (Tamilnadu & Karnataka) The Hindu group, Chennai. The session will conducted at Kuvempu Hall, Alva's Degree College, Vidyagiri on 25th April 2023 at 10:30am.

Principal
Dept. of Business Administration
Alva's Institute of Engg. & Technology
MIJAR - 574 225

Copy to

- Notice Board
- Class circulation

Handwritten: $\text{Hank H} \rightarrow \text{Sec B} \rightarrow \text{IMBA}$

Handwritten: $\text{gfl} \rightarrow \text{Sec A} - \text{IMBA}$



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Date: 24/04/2023

Letter of Gratitude

To,
Mr. Sridhar Aranala
Vice President,
Sales and Distribution,
The Hindu Group

We would like to take this opportunity to express our gratitude for accepting our invitation and conducting a one day guest talk on stress and emotion management for the students of I Semester MBA, Alva's Institute of Engineering & Technology, Mijar, Moodbidri on 25th April 2023. The session was very informative and the students were able to learnt how to overcome the stress, emotions and fears and how to overcome the stress and emotions and some information about Hindu newspaper.

Thanking You

DEAN

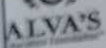
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Date:25/04/2023 @ 10:30AM

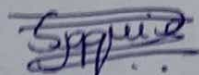
Venue:Kuvempu Hall, Alva's Degree College Vidyagiri

Session on Stress & Emotional Management

I YEAR MBA SECTION 'A'

Sl.No	Student's Name	Signature
1	Abin K P	AB
2	Akshatha B Mali	Akshatha B. Mali
3	Akshitha.m	Akshitha
4	Alisha Maria	Alisha
5	Apoorva	Apoorva
6	Ashwitha Shetty	Ash
7	Ayesha Ibrahim	Ayesha
8	Bhoomika	Bhoomika
9	Bhoomika DR	Bhoomika
10	Chaitra	Chaitra
11	Chirag	Chirag
12	Deekshitha .N	AB
13	Deekshitha Rani K	Deekshitha
14	Dhanush. K	Dhanush
15	Dhruvakumar Av	Dhruvakumar
16	Greeshma	Greeshma
17	Hrushitha	Hrushitha
18	Jenisha Lasrado	Jenisha
19	Keerthan	Keerthan
20	Krithik K M	Krithik
21	Megha	Megha
22	Nanda DS	Nanda DS
23	Nithin J. Poojary	Nithin
24	Nithya	Nithya
25	Nithya R S	Nithya
26	Prajeetha Shetty	Prajeetha Shetty
27	Pramod	AB
28	Pranava Swaroopa	Pranava
29	Praneetha. J. H	Praneetha
30	Prashantha G	Prashantha
31	Prathiksha	Prathiksha

32	Prathiksha Shetty	Prathiksha
33	Rachana Shenoy	Rachana
34	Rajendra Prasad K B	Rajendra
35	Rakshith Jain	Rakshith
36	Rashmitha	Rashmitha
37	Rithesh B	Rithesh
38	Sahana	Sahana
39	Sahithya	Sahithya
40	Sandeep Raviprasad Acharya	Sandeep
41	Satyajeeth H Rao	Satyajeeth
42	Shraddha S Shetty	Shraddha
43	Shramya	Shramya
44	Shravan Acharya	Shravan
45	Shreshta Jain	Shreshta
46	Shreya	Shreya
47	Shreya Kava	Shreya
48	Shreyas H Devadiga	Shreyas
49	Shrutha D Shetty	Shrutha
50	Sindhu Shiva Kharvi	Sindhu
51	Sowndarya	Sowndarya
52	Srikanth N	Srikanth
53	Supritha	Supritha
54	Suvith Shetty	Suvith
55	Suzana Shaikh	AB
56	Tekoji Sillikyatar	Tekoji
57	Vikas D K	Vikas
58	Vineeth V Devadiga	Vineeth
59	Vinutha	Vinutha
60	Yogish	Yogish


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Date:25/04/2023 @ 10:30AM

Venue:Kuvempu Hall, Alva's Degree College Vidyagiri

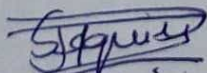
Session on Stress & Emotional Management

I YEAR MBA SECTION 'B'

Sl.No	Student's Name	Signature
1	Abhiraj K V	Abhiraj K V
2	Adarsh	Adarsh
3	Akshari Shetty	Akshari Shetty
4	Amisha Devadiga	Amisha Devadiga
5	Chethan	Chethan
6	Ciona Vilceeta Pereira	Ciona Vilceeta Pereira
7	Deepthi	Deepthi
8	Deepthi Kumari	Deepthi Kumari
9	Dhanush	Dhanush
10	Divyashree	Divyashree
11	Fiza S Shaikh	Fiza S Shaikh
12	Harshitha	Harshitha
13	Helan K. J	Helan K. J
14	Hithesh	Hithesh
15	K Abhay Pai	K Abhay Pai
16	Kavya	Kavya
17	Kishan Kumar	Kishan Kumar
18	Kruti K S	Kruti K S
19	Maithri R Shetty	Maithri R Shetty
20	Meghana G.U	Meghana G.U
21	Monica M	Monica M
22	Muniraju S	Muniraju S
23	Navaneeth Gore	Navaneeth Gore
24	Naveen	Naveen
25	Nireeksha	Nireeksha
26	Pooja	Pooja
27	Pooja C	Pooja C
28	Pooja k s	Pooja k s
29	Poojary Vinisha	Poojary Vinisha

30	Prahlad V Acharya	Prahalad
31	Prajna	Pra
32	Prajwal	Pra
33	Prerna Hegde	Prerna
34	Priyanka R	Pri
35	Pruthvika B G	Pruth
36	Pruthviraj	Pruthviraj
37	Rakshith	Rakshith
38	Rakshith Shetty	Rakshith
39	Rakshitha	Rakshitha
40	Ramesh	Ramesh
41	Ramyashree	Ramyashree
42	Samyak Jain	Samyak Jain
43	Sanketh S	Sanketh
44	Sapan	Sapan
45	Shama	Shama
46	Sharanya Shetty	Sharanya
47	Shashikumar Ramanna Bangi	Shashikumar
48	Shodhan Jain	Shodhan
49	Shraddha Shetty	Shraddha
50	Shraddha.m	Shraddha
51	Shreni Cs	Shreni
52	Shreya Jain	Shreya
53	Shushank Jain	Shushank
54	Soujanya	Soujanya
55	Srushti	Srushti
56	Sudeeksha S Shetty	Sudeeksha
57	Suman.b	Suman
58	Swathi	Swathi
59	Thrupthi	Thrupthi
60	Yashwith B Shetty	Yashwith

→ AB


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