

# Faculty Development Programme

In association with

## **ISME School of Management & Entrepreneurship**

Organizes Webinar

On

## **'Time & Stress Management'**

Resource Person:

**Ms. Anjana Vinod,**

Image Consultant ,

Corporate Trainer



Date & Time: 27th February, 2021 at 4:00 p.m

Platform: Google Meet

Dr. Pratima Singh  
Principal

Ms. Namrata Dube,  
Convenor, FDP

## **Report**

The FDP programme was on 27th February,2021.We received an overwhelming response with 112 participants. The resource person for FDP was Ms. Anjana Vinod. She is an Image Consultant and Corporate Trainer. We also had Mr. Alok Baptist Director, Outreach & Admissions, ISME; Mr. Mohit Kelkar Associate Vice President, Outreach & Admissions, ISME; Mr. Utsav Shroff Associate Director, ISME. Mr Vipul Raghuvanshi Manager, Outreach & Admissions, ISME. The resource person started the session discussing various points like introduction to stress, types of stress, symptoms of stress, factors responsible for stress, techniques to overcome stress, management of stress, stress relieving activities, Time management.