

Report : Expert Lecture

Stress Management

04.09.2025

The Faculty of Informatics & Computing, J.C. Bose University of Science and Technology, YMCA, Faridabad, organized an Expert Lecture on Stress Management for PG students. The event began with a sapling presentation by Mr. Atul Mishra, Dean Academic Affairs to Adv. Jyoti Rani, NLP and Life & Wellness Coach, symbolizing growth and positivity.

In her engaging session, Adv. Rani explained the immense potential of the human brain, highlighting that even a single neuron can store information equivalent to 85 GB. She motivated students by reminding them that they are future leaders who must develop resilience and leadership qualities. Using the metaphor of a pulse line, she emphasized that ups and downs are a natural part of life and should be embraced as opportunities for growth.

She further explained the fight or flight response of the human body, describing how adrenaline prepares us to respond to danger while cortisol provides bursts of energy. Increased heart rate, blood pressure, and sharpened senses are natural survival mechanisms, though prolonged stress can turn harmful. Adv. Rani cautioned that unmanaged stress can lead to health issues such as insomnia, loss of concentration, absenteeism, extreme anger, migraine, headaches, back problems, and depression.

Addressing the real-life challenges faced by students, she spoke about social stress factors including peer pressure, new relationships, balancing academics with social life, financial burdens, long commutes, and part-time jobs. She encouraged students to recognize these stressors and adopt positive coping strategies for their mental well-being.

Concluding her lecture, Adv. Rani inspired students with the message that the human brain and body are the most beautiful creations of God — strong, capable, and resilient. “Never give up till your last breath, because every challenge you face only makes you stronger,” she said.

The lecture left students motivated to view stress not as a burden but as a stepping stone toward personal growth and leadership.

The event was graced by Prof. Manjeet Singh, Dean, Faculty of Informatics & Computing; Prof. Ashutosh Dixit, Chairperson, Department of Computer Engineering; and Dr. Shilpa Sethi, Chairperson, Department of Computer Applications.

The program was coordinated by Dr. Preeti Sethi, Associate Professor, Department of Computer Engineering, and Dr. Manvi, Associate Professor, Department of Computer Applications.





