

6. Conduct a Session on Achieving Problem - Solution Fit And Product – Market Fit – Stress Management

Stress Management by Shekhar Jain

JCI Raipur MAIC United, Maharaja Agrasen International College (IQAC) in collaboration with Institute Innovation Council (IIC), PRSU, Raipur had organized a session on Stress Management on 17th February 2024 in MAIC Auditorium.

The session was led by JC Shekhar Jain, Motivational Speaker, Corporate Trainer, and Certified Career Counselor.

Trainer Shekhar Jain emphasized the importance of embracing exams positively, encouraging students to "*love you exam*" and provided insights on stress avoidance during exam days. His motivational words aimed to instill confidence and resilience among the students, fostering a healthy approach towards academic challenges. The session not only addressed the psychological aspect of exam preparation but also equipped students with practical strategies to manage stress effectively, ensuring optimal performance. He said that "Energy flows where attention goes" means wherever you direct your focus and thoughts, energy naturally follows and manifests in that direction. Attention drives energy's direction.

The entire program was done under the guidance of Chairman Mr. Rajesh Agarwal, Principal Dr. M. S. Mishra, Chapter Incharge JC Rishi Pandey and IPP JC Kriti Agrawal.

Program Director of the training session was JC Sejal Jain and Co-Director JC Priyanshu Natua.