

EVENT

NAME OF THE EVENT - Prevent Burnout in Your Career & Life

ORGANISED BY - Department of Commerce (B.Com Evening)
IN COLLABORATION WITH -Alliance University, Bengaluru

DATE - 27th November, 2024

TIME - 4:00pm

VENUE - Shri Shikshayatan College, Room - 205

NUMBER OF PARTICIPANTS

STUDENTS - 112

TEACHERS - 3

RESOURCE PERSON

NAME - Dr. Mrinmoy Bhattacharjee

DESIGNATION - Professor & Area Chair - Marketing, Alliance
School of Business

BRIEF DESCRIPTION OF THE EVENT

Managing stress surrounding one's work life is important for staying productive, motivated and positive at your job. If one manage their stress effectively, they are more likely to avoid burnout, which can affect their well-being and their ability to perform their job duties. It's important to learn how to avoid burnout so one can maintain their mental and physical health and have a successful career.

OUTCOME

- Students came to know about,
- Work with purpose.
 - Perform a job analysis, and eliminate or delegate unnecessary work.
 - Give to others.
 - Take control, and actively manage their time.
 - To do more exercise.
 - Learn how to manage stress

DOCUMENTS

**Shri Shikshayatan College
in Collaboration with
Alliance University Bangaluru
Organizes**

**AN INTERACTIVE TALK ON
*Prevent Burnout In Your Career & Life***

**KEY NOTE
SPEAKER**



Dr. Mrinmoy Bhattacharjee
Professor & Area Chair -Marketing
Alliance School Of Business

 **WEDNESDAY
27 NOV 2024** | **AT
SHRI SHIKSHAYATAN
COLLEGE BCOM
DEPARTMENT EVENING** |  **TIME
4:00 PM**

PHOTOGRAPHS

