

# JERUSALEM COLLEGE OF ENGINEERING

## DEPARTMENT OF MANAGEMENT STUDIES

### GUEST LECTURE

3<sup>rd</sup> December 2021



Department of Management Studies, JCE, organised a Guest Lecture on “Stress to Success”, on 03<sup>rd</sup> December, 2021, for students of I & II-year MBA. Mr. R. A. Madhan Ram, Chief Executive, TICVIC, Chennai, presided over the session and shared his experiences on stress management.

**Inception:** The session began with students, Ms Preethi M, II year MBA, addressing the gathering while Mr. Abdul Basith M.A., I year MBA, introduced the guest to the gathering. Dr. S. Muthumani, HOD, MBA, welcomed the guest with a momentum.

### STRESS:

The guest speaker initiated the session with a real time situation to bring out to the students how stress has to be realised as a gap between the demand and capacity. The different properties of stress were also discussed. He explained the students that its important to analyse the provoking factor that leads to stress, so that it will be easy to handle.

The speaker also insisted that stress should be perceived in a different perspective, understanding the difference between EUSTRESS and DISTRESS. Stress is the term coined by Hans Selye, who observed same pattern of stress exhibited by different organisms, all reacting identically. This observation leads to the discovery that stress can be acute or chronic.

The speaker further explained how to master stress, following 3A rule, Assess, Appreciate and Adjust. One should assess the provoking factor, either positive or negative, then appreciate the effects it could have on the person. At last, adjustment is necessary, whether we minimise the demand or maximise the capacity.



### Valedictory:

The seminar came to an end after thoughtful questions by the students that were well replied by the guest who ended by quoting that

*“A PERSON WHO SPENDS TIME WRITING THE THINGS HE IS GRATEFUL FOR IS THE MOST SATISFIED PERSON IN LIFE- ATTITUDE OF GRATITUDE”.*

Vote of thanks was delivered by Ms. Haseena Begum T followed by photo session with the guest.