



## Nav Nirman Sewa Samiti's Samalkha Group of Institutions, Samalkha Distt. Panipat

News Letter of the Month **April - June, 2022**

**Published by:** Nav Nirman Sewa Samiti's Samalkha Group of Institutions, Samalkha Distt. Panipat

### **PDP Session – Stress Management**

**(14<sup>th</sup> April, 2022)**

Samalkha Group of Institutions always works for making their students creative. For fulfilling its objective MBA Department of Samalkha Group of Institutions structured a PDP Session for 2:00 hours which is conducted by Teachers of Management Department. The outline was scheduled on **April 14, 2022 at 2:00 PM.**

The present component on personality development is purposely design by SGI to furnish the training courses to students in order to improve their behavior & functional efficiency. Students learnt different strategies to eliminate stress from their life and to improve their traits.

The student participated very enthusiastically during the entire session and gained good knowledge that will help the students to face the competition.

Some Yoga Techniques also discussed with students to come out with the stress. It was an astounding session and essential to the all management students so that they can grip the stress while operational in the business.



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### Group Discussion (12<sup>th</sup> May, 2022)

Management Department of Samalkha Group of Institutions structured a workshop on “*Group Discussion – Pre-Placement Drill*” which is conducted by Teachers and Students of the Management Department. The outline was scheduled on April, 2022 at 11:00 AM.

This Workshop started with the important part regarding the GD. In the hypothesis part of GD Teachers told that Group Discussion is an essential activity in intellectual, trade and executive spheres. It is the most important tool of recruitment employees in any reputed company these days. So it is prepared before the placement by the students so that they can crack the interview.

Teachers told that it is a methodical and focused interactive oral process through which one can negotiate of ideas, thoughts and feelings with other members of the group

with finding one best conclusion on the said topic

Dr. Sarita Goel, Director of Samalkha Group of Institutions gave their opinion about this workshop and told that if are effectively participating in GD then we can easily get a good Job in any reputed company.