



Gujarat Technological University

(Accredited with A+ Grade by NAAC)

GTU School of Management Studies

Report on “Expert Session on Work Stress and Coping Strategies”

1. Title of Event: Work Stress and Coping Strategies

2. Type of Event: Expert Session

3. Date: 25th and 28th October, 2024

Time: 11:30 AM to 1:30 PM

Venue: Room No. 06

4. Description of the Event:

The GTU School of Management Studies is proud to host an expert session for BBA Semester 2 students, focusing on Work Stress and Coping Strategies. The session was led by Dr. Anushree Mehta.

Dr. Mehta offered important insights regarding how stress affects work, what causes it, and how to cope with it. She stressed the vital importance of how to avoid and control work stress. This session equipped students with practical knowledge and insights about industry expectations, facilitating a connection between academic studies and professional success.

Dr. Mehta also engaged in in-depth discussions on what may be the causes of such stress and how to manage it. Her expertise shed light on how organizations work and what they do to reduce work stress for their employees. This expert session was a transformative experience, providing a platform for students to learn how to prepare for their future careers.

5. Name of expert & brief speech:

- Dr. Anushree Mehta is currently serving as an Assistant Professor at Shri Jairambhai Patel Institute of Business Management and Computer Applications (SJPI), Gandhinagar.
- A recipient of the prestigious Post-Doctoral Fellowship from the Indian Council of Social Science Research (ICSSR), Ministry of Education, Dr. Mehta undertook a two-year sabbatical to pursue her post-doctoral research. Before joining SJPI, she worked as a Research Assistant at MICA – The School of Ideas.
- Her core areas of academic interest include Human Resource Management, Organisational Behaviour, and Strategic Human Resource Management.
- She has published extensively in ABDC/ABS and Scopus indexed journals, contributed to book chapters, and presented papers at various national and international conferences.
- Dr. Mehta also serves as a reviewer for reputed journals and has conducted training sessions on Research Methodology, SPSS, AMOS, SMARTPLS, and academic writing.
- Dr. Mehta discussed psychological and physiological responses to stress and how prolonged exposure to stressors can affect employee well-being and productivity. A variety of coping strategies were shared, including cognitive restructuring, time management, mindfulness, and the role of organisational support systems.
- She also emphasized the importance of emotional intelligence and resilience-building in effectively dealing with workplace challenges. Real-life case examples and research findings were integrated to enrich the discussion and enhance student engagement. The session concluded with an interactive Q&A, where students raised insightful questions and discussed practical challenges they foresee in real-world organizational settings.

6. Number of participants:

A total of 58 students of the 2nd semester BBA batch attended the session.

7. Geotag Photograph of the event:



8. Flyer of the Event:

 **Gujarat Technological University**
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Expert Session
on

Work Stress and Coping Strategies

with Eminent Speaker

Dr. Anushree Mehta



 25th & 28th April 2025
 Acharya Chanakya Hall, GSMS
 11:00 AM

Invitee
Dr. Pankajray Patel
Director - GSMS

Coordinator
Ms. Hetal Rathod
Assistant Professor

Locate us @ : GTU SMS, Academic Block-4, GTU Campus, Visat Gandhinagar Highway, Chandkheda, Ahmedabad Gujarat

 @GTUSMS

9. Feedback on the Event:

- Students appreciated Ms. Mehta's efforts to efficiently make the students understand how to cope with work stress and do their tasks effectively.
- Many found the instructions and insights on how the coping mechanisms work very helpful.
- Participants noted the strategies and precautions for work stress well.
- Students valued the interactive nature of the session, which fostered collaboration and deeper learning.

10. Social Media Post:



Coordinator of the Event:

Ms. Hetal Rathod, Assistant Professor, GTU-SMS

Report Prepared by:

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