



ENGINEERING MANAGEMENT TECHNICAL CAMPUS – JEMTEC

(Affiliated to Guru Gobind Singh Indraprastha University, New Delhi)
Plot No. 48/4, Knowledge Park-III, Greater Noida, PIN-201308

Name of the Event: - Counselling Session on “Burnout- Lets Find a Way Out”

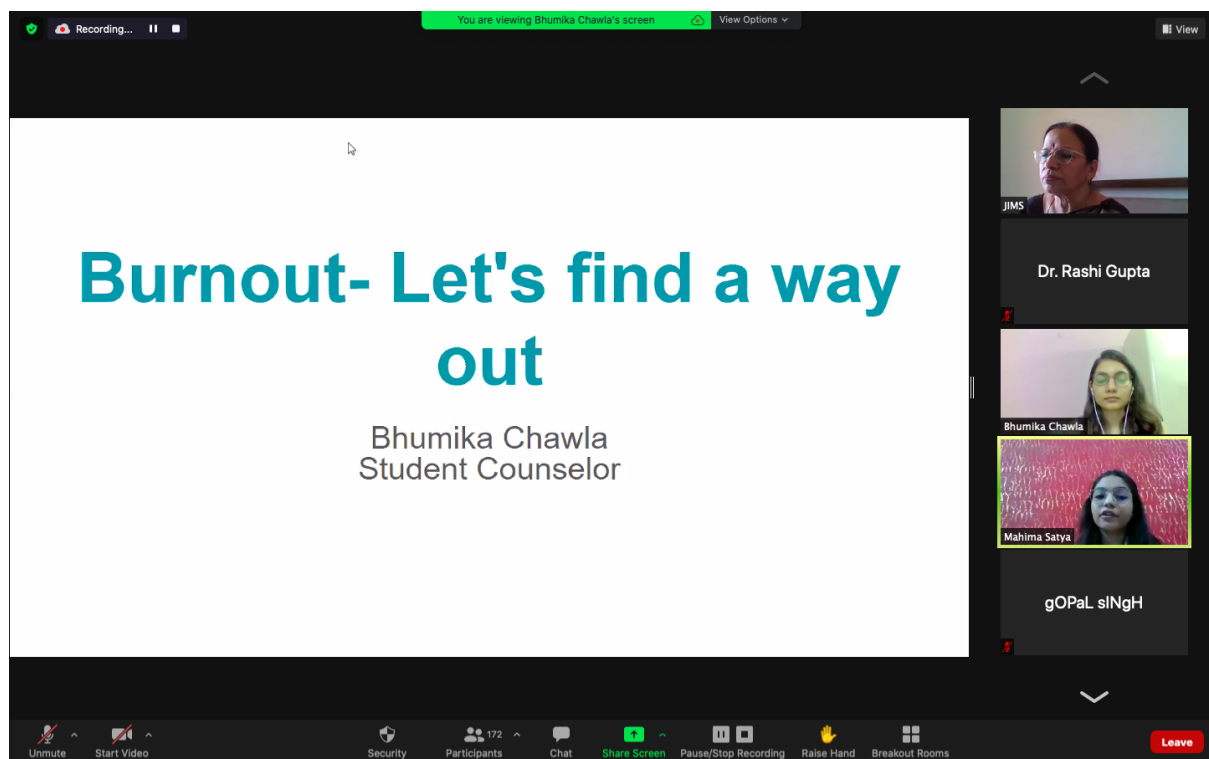
Resource Person: - Ms. Bhumika Chawla, Student Counsellor of JIMS

Day & Date: - Wednesday, 27th May, 2021

Time: - 11.00 AM to 1.00 PM

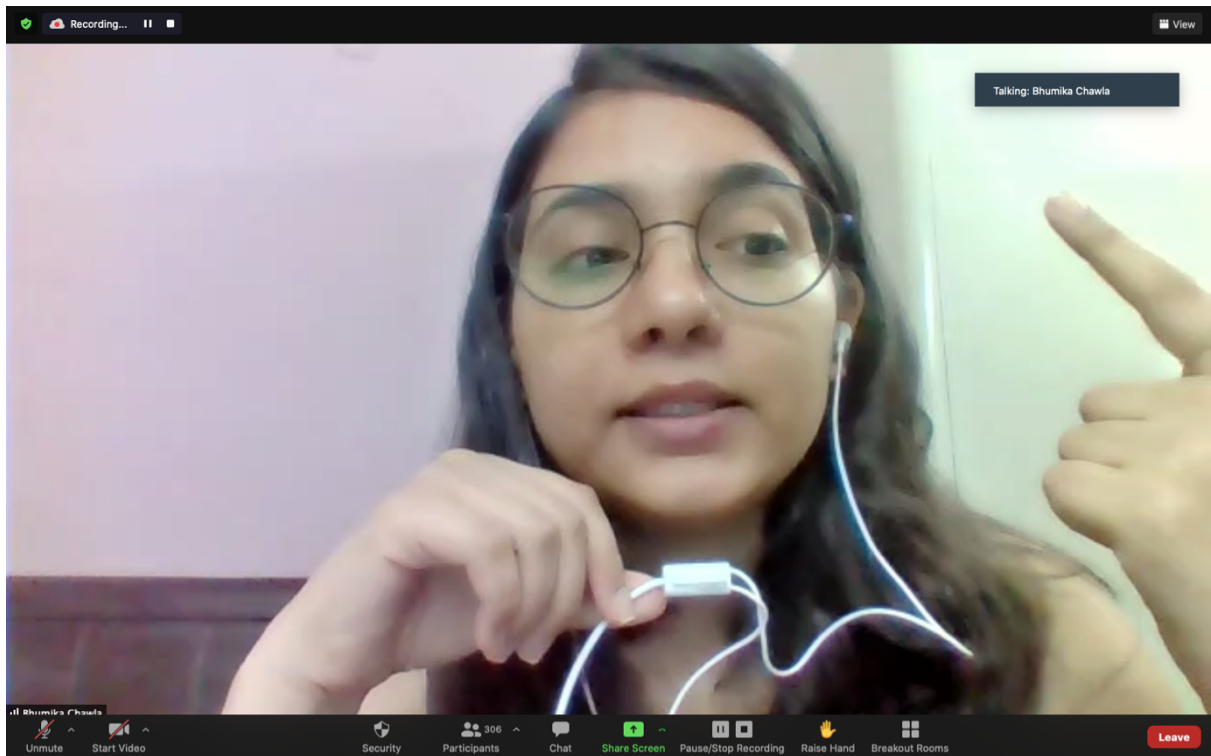
Attended by: - All the First and Second year students of BBA

Venue: Online, ZOOM App



The BBA Department of JIMS Engineering Management Technical Campus, Greater Noida organised a Counselling Session on Wednesday, 27th May, 2021. Ms. Bhumika Chawla, Student Counsellor of JIMS helped the students to realise, identify and ways to manage and tackle the stress in this difficult time of pandemic.

Ms. Mahima Satya, Second Year Student, BBA welcomed and introduced her.



Ms. Chawla began the counselling session in a very light manner, asking the students to express how they were feeling, in their own language of youth, through emojis. She started interacting with them in a positive manner.

Recording... You are viewing Bhumika Chawla's screen View Options

3 people entered the waiting room View X

How are you FEELING?

How are you feeling?


happy	embarrassed	scared	nervous	goofy	surprised
quiet	annoyed	cool	sad	tired	excited
bored	sick	frustrated	angry	funny	proud

How often do we take a step back from our busy routine to think about our feeling?

Unmute Start Video Security Participants 167 Chat Share Screen Pause/Stop Recording Raise Hand Breakout Rooms Leave

Recording... You are viewing Bhumika Chawla's screen View Options

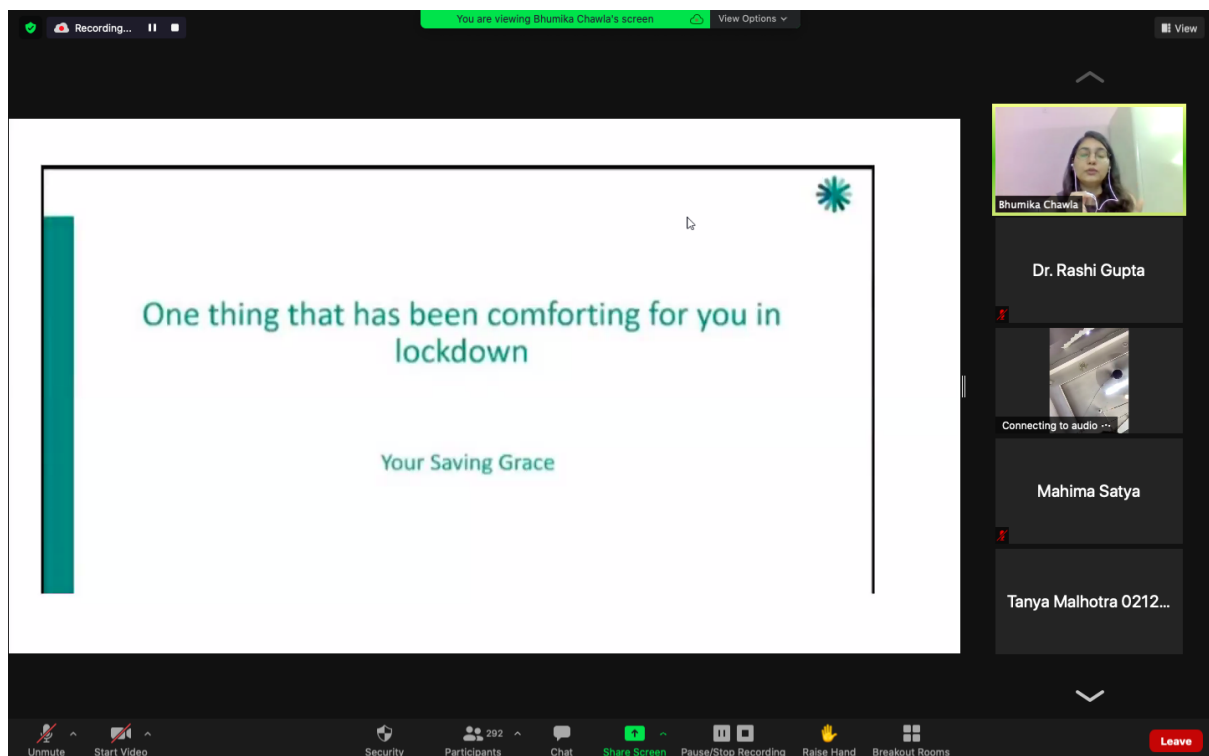
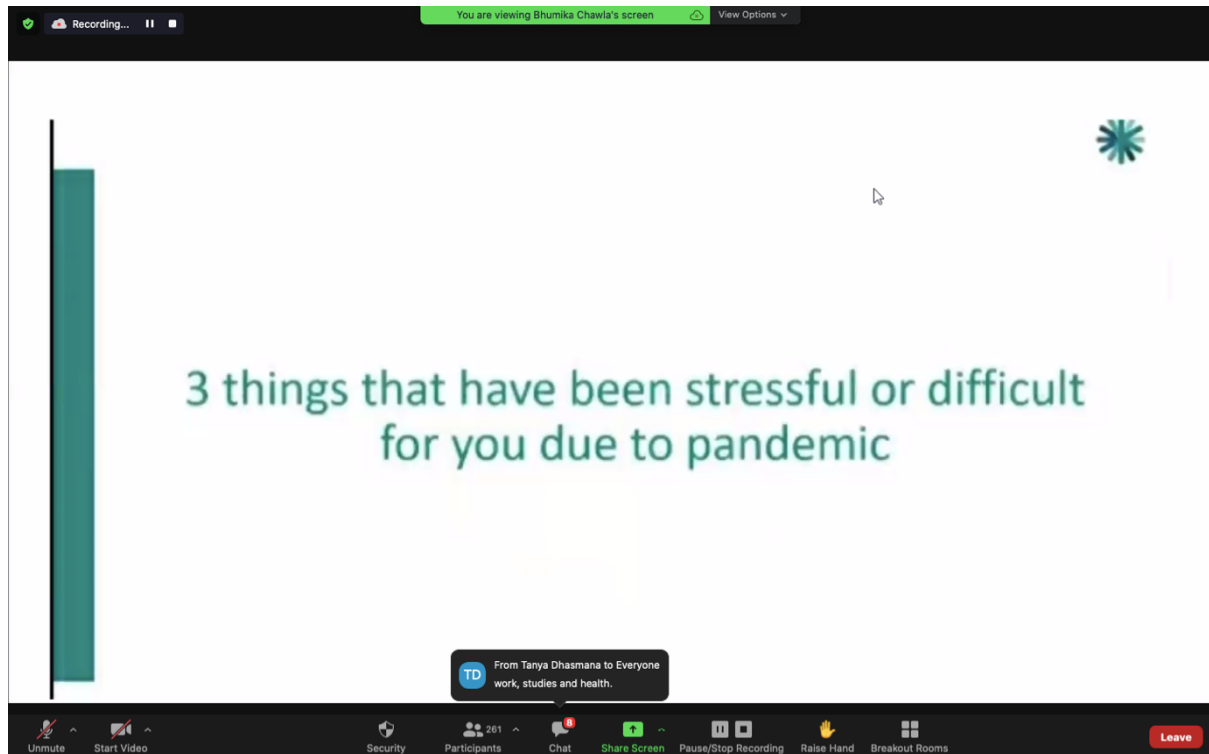
Shivansh entered the waiting room View Admit X

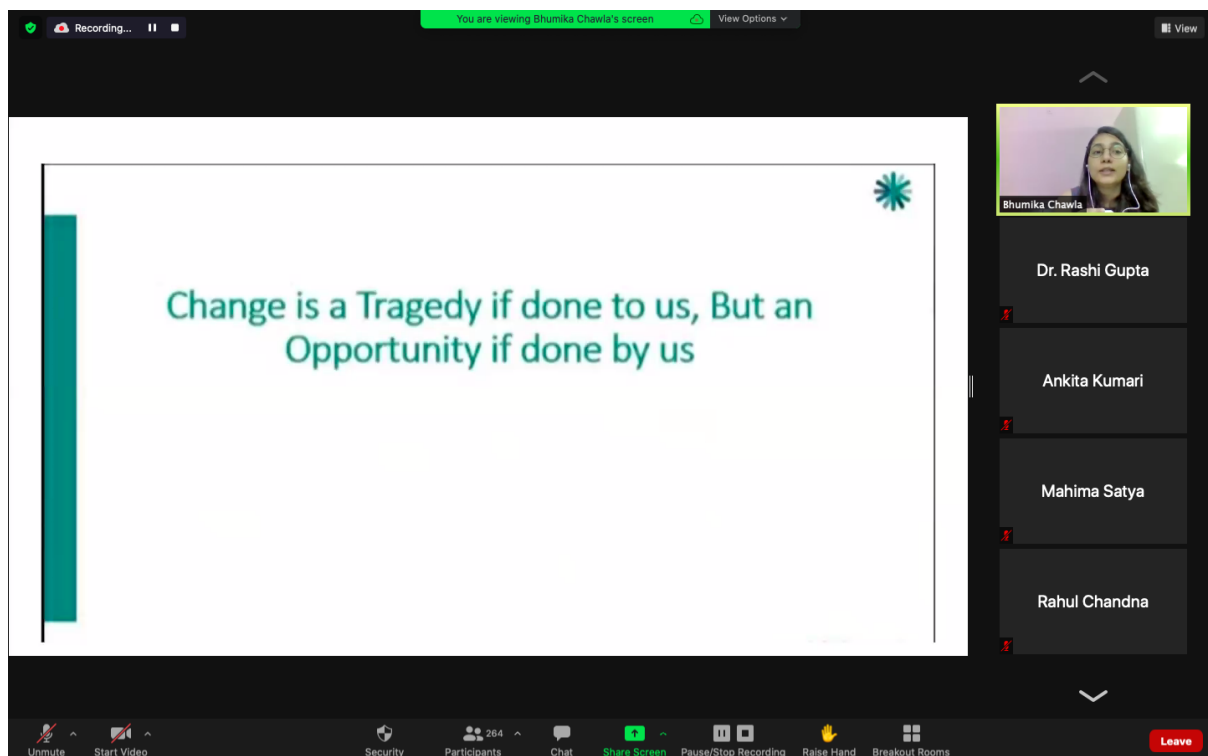


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She slowly tried to indulge in the problems that students face in their daily lives to which students responded very well and started to connect with her. They mentioned the difficulties they were going through, to which individually she suggested how to tackle and ways to increase their concentration for studies and being more punctual for studies.

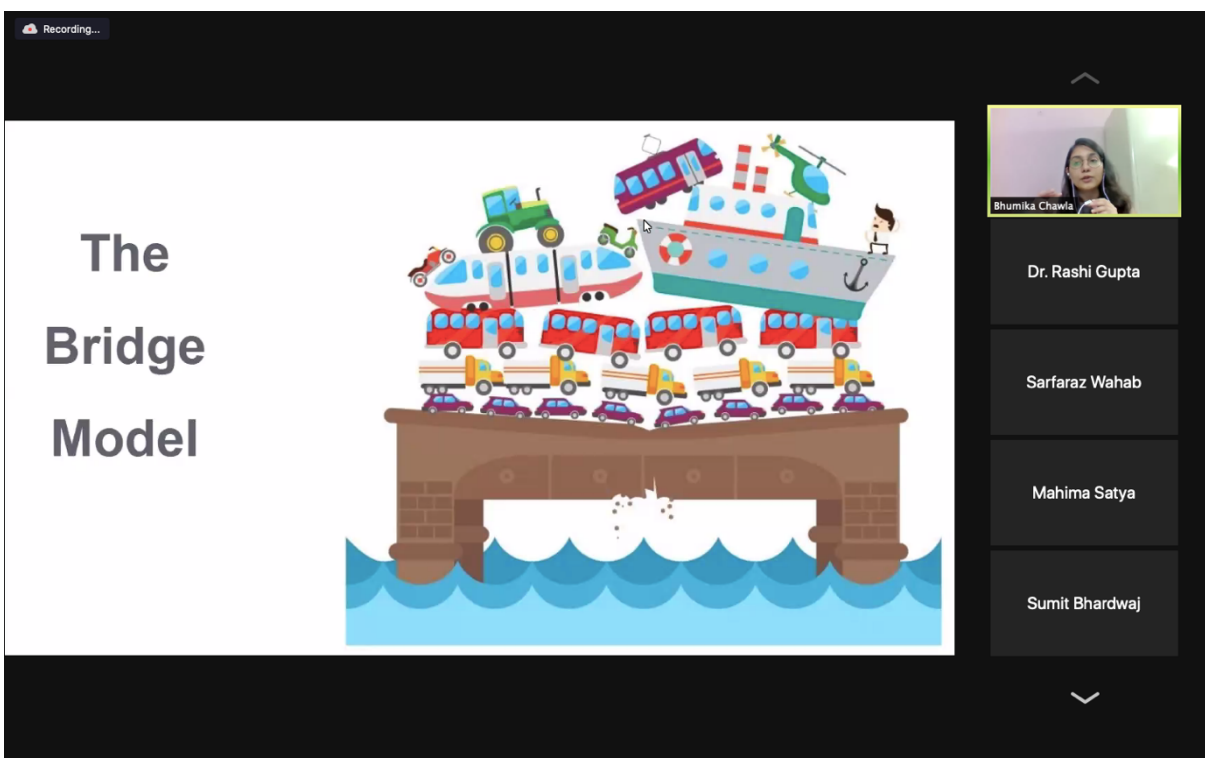
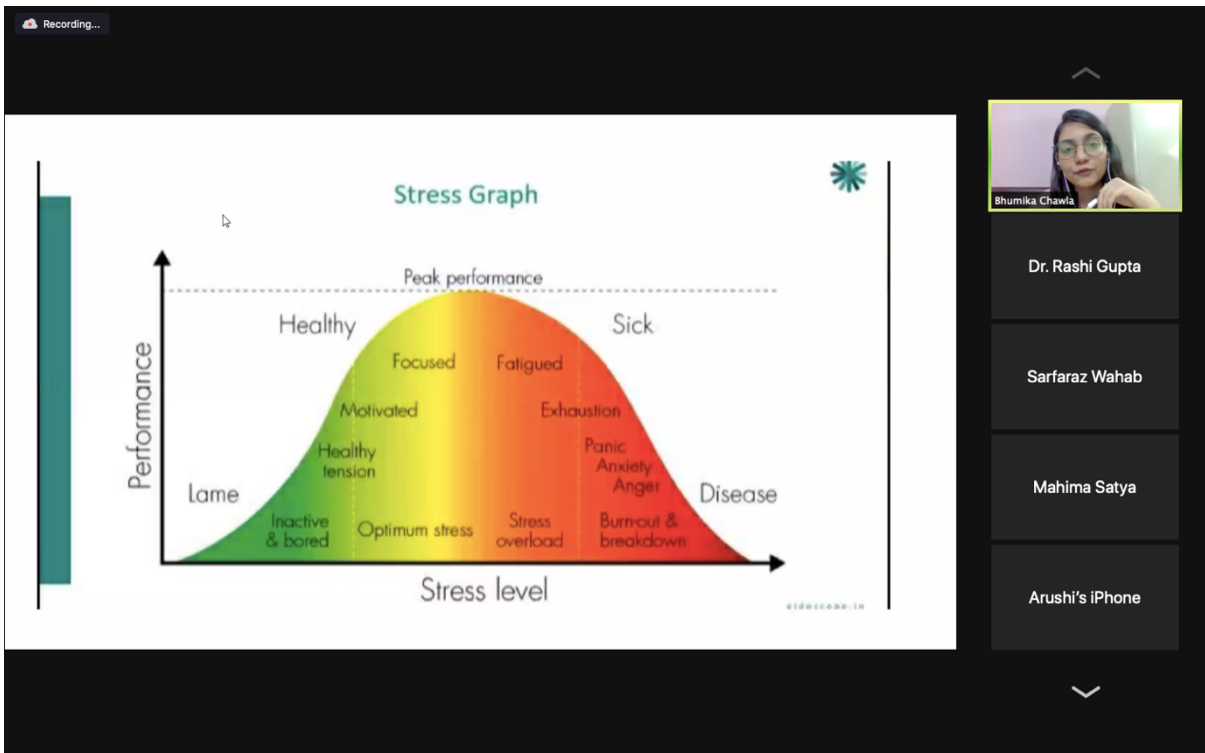
Along with difficulties and problems, she also talked about positive things and suggested them how to utilise their ample leisure time in the current situation. Ms. Bhumika tried to show both the halves of the life positive as well as negative, half full and half empty, told them the causes of various anxieties and ways to tackle them, so that it won't be much effecting their studies.






Ms. Chawla showed them how to check out the level of stress in daily life through various illustrations and examples. The best way to handle it, as suggested by her is to meditate. She taught the right meaning of the term as well as mentioned how music plays an important role in meditating deeply. In fact, she made them to meditate for few minutes by playing music through YouTube and gave them various such links. She made them understand audio- based mindfulness. Students responded that they were feeling deeply relaxed after the short meditation session.

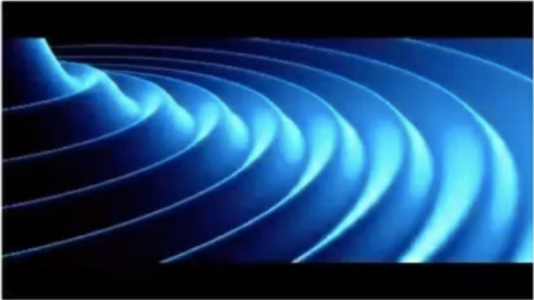
She further talked about various domains that creates stress in one's life and suggested various ways to reduce and control it. 'What is Burnout' was the question on which she took students' opinions and gave the right to protect oneself from it. She also suggested the ways to manage the physical and mental burnout.




Recording...



AUDIO-BASED MINDFULNESS





Bhumika Chawla

Dr. Rashi Gupta

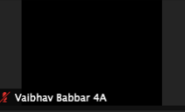
Sarfaraz Wahab

Mahima Satya

Arushi's iPhone

Recording... You are viewing Bhumika Chawla's screen View Options

Physical	Emotional	Cognitive	Behavioral
Chest Pain			Decrease Intake of cigarettes and alcohol Relax
Rapid Heartbeat	Moodiness	Poor Judgement	Isolating Yourself
Aches and Pains	Irritability	Inability to Concentrate	Sleeping too Much
Frequent Colds	Feeling Overwhelmed	Indecision	Demotivated
Skin Complaints	Panic	Starting many tasks but achieving little	Loss of sense of humour
Indigestion	Cynicism	Self doubt	Increase in alcohol intake
Insomnia	Anxiety		



Valbhav Babbar 4A

Dr. Rashi Gupta

Ritu

Bhumika Chawla

Prachi bhati.. 008255...

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Recording...

Work

- job change
- increased work demand
- supervisor behaviour
- not finding time for things except work

Family

- Changes in family structure
- illnesses and health issues
- financial responsibilities
- Lack of emotional support
- marriage conflicts

Career

- feeling stuck in your career
- inadequate skills
- unable to pursue self-development
- not aligned with current job profile

Interpersonal

- conflicts with seniors at work
- unable to provide appropriate time
- sexual identity
- Continuous Moral Off-sets

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Dr. Rashi Gupta

Ritu

Bhumika Chawla

Prachi bhati.. 008255...

Recording...

Managing Physical Burnout

- Exercise
- Nutrition
- Sleep cycle
- Physical Space
- Routine
- Taking a break

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Dr. Rashi Gupta

Ritu

Bhumika Chawla

Prachi bhati.. 008255...

The screenshot displays a Zoom meeting interface. The main window shows a presentation slide titled "LIFETSYLES THAT CAN CAUSE BURN-OUT" (note the typo in the original image). The slide lists five factors in boxes: "Working too much, without enough time for socializing or relaxing.", "Lack of close, supportive relationships.", "Taking on too many responsibilities, without enough help from others.", "Creating a habit of doing things on the last minute.", and "Not getting enough sleep." The participant list on the right side of the screen includes "Valbhav Babbar 4A", "Dr. Rashi Gupta", "Ritu", "Bhumika Chawla" (who is highlighted with a green border), and "Prachi bhati.. 008255...". The bottom toolbar contains icons for "Unmute", "Start Video", "Security", "Participants" (showing 326), "Chat", "Share Screen", "Pause/Stop Recording", "Raise Hand", "Breakout Rooms", and a red "Leave" button.

After suggesting the ways to deal with burn out, she gave them certain charts which students could use to manage their time and stress in daily life. Dr. Rashi Gupta, Assistant Professor, BBA coordinated for the event to be a success. Ms. Chawla answered all the questions of the students diligently. The mentoring session was highly, informative, practical, needed and interactive for all the students. Dr. Chandra Shaardha, HoD, BBA, thanked her for conducting such a wonderful and stress relieving session for all.

Recording...

Weeks	Days	Tasks
Week 1	Weekdays	
	Weekends	
Week 2	Weekdays	
	Weekends	
Week 3	Weekdays	
	Weekends	
Week 4	Weekdays	
	Weekends	

Dr. Rashi Gupta

Ritu

Bhumika Chawla

Prachi bhati.. 008255...


Recording... You are viewing Bhumika Chawla's screen View Options

Managing Emotional Burnout

- Identify and eliminate the Stressor
- Talking about your emotions
- Venting out
- Creative Catharsis: Dance, paint or sing
- Gratitude Journal
- Connect with a cause or a community group that is personally meaningful to you.
- Relaxation Exercise

Vaibhav Babbar 4A

Dr. Rashi Gupta

Bhumika Chawla

Ritu

Prachi bhati.. 008255...

Unmute Start Video Security Participants 323 Chat Share Screen Pause/Stop Recording Raise Hand Breakout Rooms Leave

Recording...

DEALING WITH BURN-OUT

- RECOGNISE**
 - Watch for the warning signs of burnout.
- REVERSE**
 - Undo the damage by seeking support and managing stress.
- RESILIENCE**
 - Build your resilience to stress by taking care of your physical and emotional health.

Dr. Rashi Gupta

Ritu

Prachi bhati.. 008255...

Recording...

Monitor Your Stress

Daily Stress Log

Name: _____ Date: _____

Time	Place	Source of Stress	Tension level*	Coping strategy

*Tension level: 1 = Slight 2 = Moderate 3 = Strong 4 = Intense
Major source of stress today: _____
Assessment of how you managed stress today: _____

Dr. Rashi Gupta

Vaibhav Babbar 4A

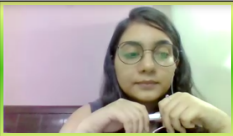
Arpit Mahajan

Ritu

zoom.usMeetingViewEditWindowHelp

Zoom Meeting

31%Wed 1:02 PM

	Dr. Rashmi Gupta	Vaibhav Babbar 4A	Arpit Mahajan	Ritu
Prachi bhati.. 00825588819	ANKITA SHARMA	Shivani Gupta	mahek rajbonshi(0222558...	Rahul kumar
Arushi's iPhone	Tanya Malhotra 02125588...	Rahul Chandna	Bhaskar Anand	Dinesh Kumar(BCA 3rd Year)
JIMS	gOPaL siNgH	mehak jain	Nischay Madaan	Mansi Gupta
KABIR KWATRA	HARSHITA RATHI	Abhishek Verma	Priyanka Jeenwal	Parth Chauhan