***‘Report on the Study of Stress Management’***

***Arranged by Economics Group,***

***Department of Economics and Finance, CEMIS, February 10,2021***

The students Economics Group, Department of Economics and Finance, College of Economics, Management and Information Systems (CEMIS) conducted a special talk on ‘***the Study of Stress Management***’. The event was organized on February 10, 2021(11:00 A.M. to 12:P.M**)** through Google meet platform. The meeting started with Ms. Jokha Hamed Saif Al Authmani (Economics group student leader) inviting Dr. Arokiasamy Soosaimanickam, Dean of the College, to deliver a welcome address on behalf of the College. Dr. Arokiasamy expressed his warm welcome to the invited guest speaker **Ms.Majan Al-Jelani**, Psychology Specialist from Ministry of Education, Al-Batinah South, Sultanate of Oman and all other participants including faculty and students from the CEMIS, University of Nizwa.

Ms.Majan Al-Jelani, deliver her lecture with power point slides and in a very interesting and narrative way. She explained various techniques and ideas to reduce the stress in the life especially when students facing many challenges due to on-going pandemic situations. More than 100’s of participants were attended the event and the talk received live responses and attracting comments from various participants via Google meet live chat option. The participants expressed that they got the benefit from the talk and understand how to reduce stress and life become meaningfully enjoyable. Majority of the students requested to organize such events again in the future.

At the end of the session, Dr. Mohammed Dulal Miah, Head of the Department of Economics expressed vote of thanks to the Dean Dr. Arokiasamy Soosaimanickam for his welcome address, guest speakers Ms.Majan Al-Jelani, for accepting our invitation and delivering her invaluable talk ..He extended his thanks to Ms. Mercy Mathew, for guiding the students to organize such a grand event and all other participants including faculty and students on behalf of Department of Economics and Finance. Afterword’s Ms. Mercy Mathew, Faculty of the Economics Department presented an e-certificate to the guest speaker with the presence of all participants and meeting adjourned.