

National Webinar

MERI COLLEGE
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MERI Group of Institutions
25th Anniversary

**How to Crack Entrance Exams
& Dealing with Stress Related to it**

Welcome Address
Prof. Lalit Aggarwal,
Vice President,
MERI Group of Institutions

Keynote Speaker
Prof. (Dr.) Umesh Kalra
Former IAS officer,
Renowned Academician

Moderator
Prof. (Dr.) Dilip Kumar,
Renowned Journalist,
Renowned Academician

Coordinator
Ms. Nivedita Sharma,
Faculty, Department of
Journalism & Mass Communication

**30th MAY, 2020
11:00 AM**

Register now: <https://forms.gle/xJvDVWNGePDTW3cm7>
For Latest Information Regarding Admissions 2020-2021: <http://meri.edu.in/blog>
Contact: Ms. Nivedita Sharma: 7982851340,
Ms. Savita Verma: 9555369369

Event Details

Event: National Webinar
Date: 30 May 2020
Day: Saturday
Timing: 11:00AM

Genesis

Department of Journalism and Mass Communication of Management Education and Research Institute organized a virtual guest lecture for students by Prof. Umesh Kalra On "How to crack entrance exam and stress related to it."

Objective of the event

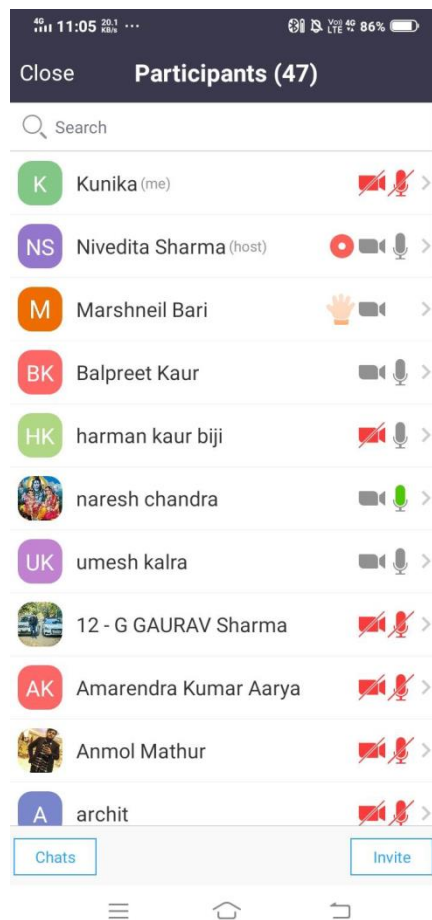
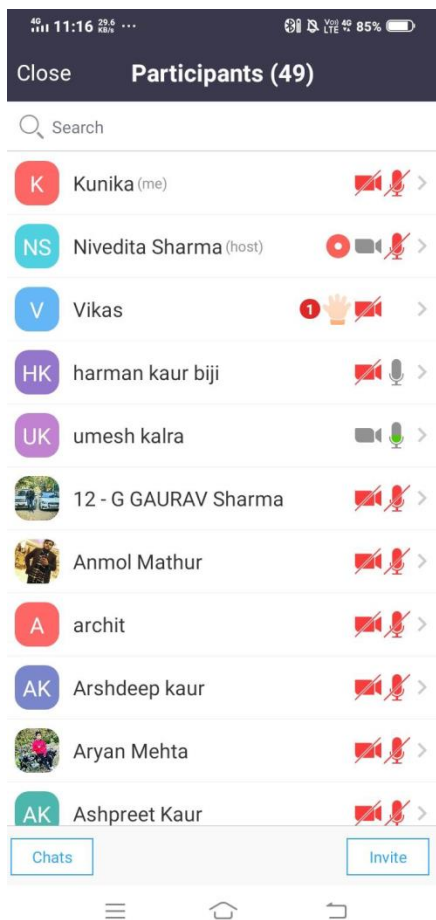
- To motivate the students to pursue their goal with determination.
- To tell the students about how to manage stress
- To inform students that they should be focused on what they want.

Report

A virtual interaction was organized by Department of JMC with one of the known former IES officer, Prof. Umesh Kalra. Zoom Webinar opened with motivational remarks of Prof Dr. Dilip Kumar, HoD, JMC. During entrance exams students take much stress and are not able to cope up with the stress. Prof Umesh gave tips to students how to deal stress and how to crack

entrance exams. He gave emphasis on balancing professional and personal life, making right utilization of time and keeping focus on goals.

The session ended with closing remarks of Co-convenor, Ms. Nivedita Sharma. She concluded saying balance is important and essential to make things smooth. One has to take everything along; we cannot surpass anything but make you sure about balancing right. The Session was very interactive as he connected life to old songs which gives you motivation to work for what you want in your life. He motivated students about their passion and cleared some queries of the students. It came out as a wonderful, interactive and informative session



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Participants (48)

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Chats

Invite

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Participants (48)


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Chats

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