

## 5<sup>th</sup> International Conference on Stress Management 2018

### 1. Crystal Magotra



Title of the paper: Worklife Balance in Employees of Public and Private Sector Banks

B.A Psychology student with a minor in Marketing, my paper was about the growing stressors in the banking industry due to the change in government policies and it's affects the work-life balance among the employees of public and private sector banks. It also includes the suggestions and improvements for the companies to promote a healthier work-life balance.

2. Name: Hitesh Gawani



Title of the paper: Relational Study of Entrepreneurial Talent and Academic Stress: An Indian Perspective

I am a B.B.A. Finance (Hons.) student with Psychology as minor paper. My paper proposed a theory stating that entrepreneurial talent not only helps an individual in the field, but it has a lot of other implications. Some characteristics of entrepreneurs are especially useful in other aspects of life including academia. Thus, students having higher entrepreneurial talent would have higher coping skills and thus, lower academic stress. My empirical study also found similar results.

3. Name: Hiteshree Dudani



Title of the paper: Feminist Identity and Stress Level – An explanatory study in Indian Context.

I am a B.A. Psychology (Hons.) student with Finance as minor subject. My paper explored the ground-level scenario of the Feminist Movement in the Indian context and how it impacts the stress levels in different age groups of women in India. Since majority of the Indian society has been patriarchal, the shift towards feminism is somewhat friction causing. With the help of my research, I have found that women in the younger age groups (20-30) have more stress levels than the 50-60 years age women.

4. Name: Riya Gadani



Title of the Paper: Stress Management at Workplace: An Exploratory Study

I am studying BA Honours in Psychology with Human Resources Management as the minor subject. My research paper is to find out the level of stress faced by the employees working in an organization, with the focus on the IT employees. My research also focuses on the difficulty that these employees face in order to cope up with the stress both at the workplace and at home, by maintaining the work life balance in both personal and professional front.

5. Sara Tirmizi



Title of the paper: Stress Management in Academics- Analysing the Indicators of Stress, their Coping Techniques and Methods Helpful for Stress Management.

I am studying B.A. psychology, with a minor in Public Administration. My paper was about analysing the different factors which caused stress in academic sphere and determining the productivity that the students portray along with the effects of extraneous factors upon students' academic performance.

- Hiteshree Dudani

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