

# **Gyanmanjari Institute of Diploma Engineering Bhavnagar**

Report on

## **Stress Relief**

Date: 21/07/2025

Time: 11:30 am TO 1:00 pm

Venue : BOX CRICKET at GMIU.

|                       |                     |
|-----------------------|---------------------|
| <b>No. of Student</b> | 24                  |
| <b>Department</b>     | Diploma Electrical  |
| <b>Semester</b>       | 3rd and 5th         |
| <b>Faculty</b>        | Prof. Sahil Pinjani |
| <b>Co-Ordinator</b>   | Prof. Dhaval Vaja   |

## Objective of Talk

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Engineering studies often bring intense academic load, leading to stress and fatigue among students. To provide a break from routine academics and to promote physical and mental well-being, the Electrical Engineering Department organized a Box Cricket Tournament as a part of a stress relief initiative for 3rd and 5th semester students.

1. To reduce academic stress by providing students a refreshing break from routine studies and exams.
2. To improve mental and emotional well-being through physical activity and interactive participation.
3. To foster teamwork, discipline, and leadership by encouraging group activities like sports.
4. To promote a healthy balance between academic responsibilities and recreational engagement.
5. To increase classroom focus and motivation by rejuvenating students mentally and physically.
6. To build strong peer relationships by encouraging informal interaction in a positive environment.
7. To support overall personality development by introducing fun and confidence-building experiences.

## Activity Conducted:

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1. Box Cricket Tournament (Knockout or League Format)
2. Students were divided into teams (6–8 players per team).
3. Matches were played in a fun and energetic environment.
4. All safety and fair-play rules were followed.
5. Faculty and non-participating students cheered and supported.

## Outcome of the Activity:

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1. Students enjoyed the break from academics and participated enthusiastically.
2. Positive feedback was received for organizing such a sporty and energetic session.
3. It helped improve class bonding and teamwork.
4. Students demanded similar events at regular intervals.

## Conclusion:

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The Box Cricket stress relief activity turned out to be a highly successful and enjoyable event. The department aims to organize such extracurricular activities regularly to promote student wellness along with academic excellence.

## Photographs

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Dept. TPA Coordinator  
Prof. Jaydipsinh Parmar  
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TPA  
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Head of Dept.  
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