



4. Workshop on Stress Management

Name of the Program	Workshop on Stress Management
Details of Resource Person	Dr. Samar Kumar Mondal, Coordinator & Mr. Sukanta Mitra, Counselor, CCSSS, Jadavpur University
Organising Department	Psychological Counselling Cell, Dept. of Psychology & IQAC in Collaboration with CCSSS, Jadavpur University
Venue	College Auditorium
Date	16.03.2023
Beneficiaries	102

Report of the Program

Basanti Devi College introduced its Psychological Counselling Cell in 2010 and began Basic and Advanced Courses on Counselling Skills in Conference with Centre for Studies in Self Development (CSSS), Jadavpur University. The Cell frequently organizes workshops, seminars, and interactive sessions with students to manage and spread mental health awareness. In this regard, the Stress Management Workshop held with an aim to provide participants to learn effective techniques and strategies to manage stress, improve their well-being, and enhance their quality of life.

Objectives of the workshop:

1. Identify and understand the sources of stress
2. Learn relaxation techniques and stress-reducing methods
3. Develop coping skills and strategies for managing stress
4. Improve emotional awareness and resilience
5. Enhance overall well-being and quality of life.

Indrila Guha

Dr. Indrila Guha
Principal
Basanti Devi College



Outcomes of the workshop:

1.Reduced stress levels and improved mood 2. Improved sleep quality and energy levels
3. Enhanced problem-solving and decision-making skills 4. Improved relationships and communication skills 5. Increased resilience and ability to handle stressful situations 6. Improved overall physical and mental health 7. Increased productivity and focus 8. Better work-life balance. The workshop successfully completed and the participants reported understanding about how to develop a healthier and more constructive approach to managing stress, leading to a more fulfilling and balanced life.

Highlights of the Program



Dr. Samar Kumar Mondal delivering his lecture

Indrila Guha

Dr. Indrila Guha
Principal
Basanti Devi College



Poster/Brochure

Workshop on Stress Management

16th March, 2023

Organised by Psychological Counselling Cell,
Department of Psychology and IQAC
Basanti Devi College

**In Collaboration with CCSSS,
Jadavpur University**

Speakers

Dr. Samar Kumar Mandal
Mr. Sukanta Mitra
CCSSS,
Jadavpur University



VENUE

COLLEGE AUDITORIUM, 11.30AM TO 4.30PM

Indrila Guha

Dr. Indrila Guha
Principal
Basanti Devi College