

Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

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One day State Level Seminar on Stress: Self- Assessment and Management

Organized by

Psychological Counselling Cell, Dept. of Education, Dept. of Human Development

Date: 04.05. 2023

Time: 12. a.m. to 3 p.m.

Location: Prasanta Chandra Mahalanobis Mahavidya, Seminar Hall

Speaker1: Nilanjan Nag (Counsellor), SAMIKSHANI ORGANISATION

Speaker2: Dr. Mohit Ranadip

Participants: 71 students were participants

Brief Report: The seminar on "Stress: Self-Assessment and Management" was a very insightful and educational session that sought to give participants useful information and useful ways for recognizing and successfully managing stress in their life. The goal of the seminar on "Stress: Self-Assessment and Management" was to give participants insightful information about identifying, evaluating, and successfully managing stress in both their personal and educational lives. The event brought together specialists in stress management, educators, and concerned people looking for solutions to improve their well-being. An experienced speaker who presented useful tips and techniques for stress management and self-care was featured at the event.

Key Takeaways:

1. **Understanding Stress:** The lecture opened with an in-depth discussion of stress, highlighting the difference between positive (eustress) and negative (distress) stressors. The audience became aware of the negative effects stress can have on their physical and mental health.
2. **Identifying stresses:** To help participants identify their particular stresses, a self-assessment exercise was led. Attendees were assisted in identifying the sources of their stress through this activity, which promoted self-reflection and self-awareness.
3. **Recognizing Stress Symptoms:** A key takeaway from the conference was the significance of recognizing the physical, emotional, and behavioral signs of stress. Participants learned how stress can show up in a variety of ways, including headaches, anxiety, or altered sleep patterns.
4. **Stress Management measures:** The speaker discussed a variety of stress management measures, such as mindfulness, deep breathing exercises, and time management skills. The attendees were urged to investigate these methods and apply them to their regular schedules.
5. **Self-Care Practices:** Throughout the Programme, self-care became a major subject. Participants received a reminder about the value of self-care in lowering stress levels. Self-care suggestions were made, including consistent exercise, a good diet, and enough sleep.
6. **Developing Resilience:** Resilience was emphasized as a key element in managing stress. Participants gained knowledge of the advantages of resilience-building exercises, such as developing a strong support network and keeping a positive outlook.
7. **Goal Setting:** The session came to a close with a discussion on creating stress-reduction objectives that are both attainable and practical. Participants were urged to develop unique action plans to handle their particular circumstances.

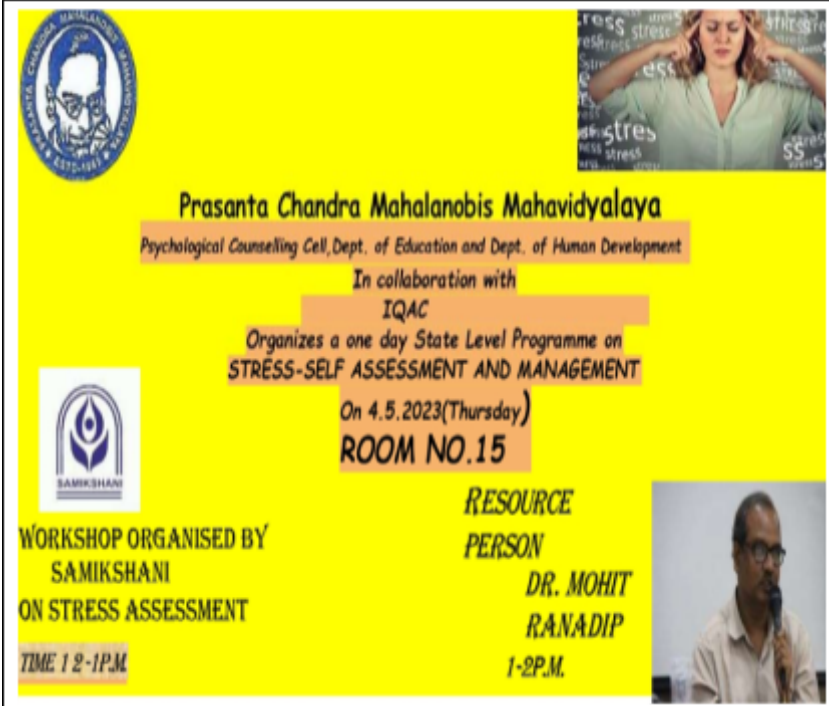
Interactive Session: During the seminar, there were interactive workshops where participants may test out stress-reduction strategies in a safe setting. Participants had the opportunity to ask questions and get advice during these practical sessions.

Q&A Session: The seminar included an interactive Q&A session where participants could get answers and

suggestions on their particular stress-related issues. Effective stress management was discussed along with further advice from the speakers.

The benefits of such session are the following:

The "Stress: Self-Assessment and Management" session gave participants a useful toolkit for identifying, evaluating, and controlling stress in their life. The seminar gave attendees the tools they needed to go ahead and lead healthier, more balanced lives by emphasizing self-awareness, stress management strategies, and self-care practices. The skills learned during this seminar give participants the ability to recognize stressors, put stress management techniques into practice, and develop resilience, all of which contribute to a life that is ultimately more satisfying and less stressful.



The poster is yellow with black and white text. It features the logo of Prasanta Chandra Mahalanobis Mahavidyalaya in the top left corner. The text reads: "Prasanta Chandra Mahalanobis Mahavidyalaya", "Psychological Counselling Cell, Dept. of Education and Dept. of Human Development", "In collaboration with IQAC", "Organizes a one day State Level Programme on STRESS-SELF ASSESSMENT AND MANAGEMENT", "On 4.5.2023(Thursday)", "ROOM NO.15". Below this, it says "WORKSHOP ORGANISED BY SAMIKSHANI ON STRESS ASSESSMENT" and "TIME 12-1P.M.". On the right side, it lists the "RESOURCE PERSON" as "DR. MOHIT RANADIP" and "1-2P.M.". There is a small image of a woman with her hands on her head, looking stressed, and a small image of a man speaking into a microphone.



Inaugural speech by Principal Sir



Participants attending the session



Interactive session by the faculties

A Ghosh
Principal
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(Dr Arnab Ghosh)
Principal