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# SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014

P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN 721650

[www.sjmahavidyalaya.in](http://www.sjmahavidyalaya.in) | Email: [sjmahavidyalaya@gmail.com](mailto:sjmahavidyalaya@gmail.com)

## Report of Webinar on "Stress Management Techniques"

### Introduction

On the 25th of June 2022, the Departments of Education, Sanskrit, and Sociology of Swarnamoyee Jogendranath Mahavidyalaya organized a webinar on "Stress Management Techniques." The event aimed to provide students with effective strategies to manage stress and improve their overall well-being. Conducted on the Google Meet platform, the webinar featured an insightful lecture from an expert in the field and included an interactive session for participants to engage with the resource person.

### Objectives

The primary objectives of the webinar were:

- To raise awareness about the importance of stress management.
- To educate participants about various techniques to manage stress effectively.
- To provide practical tips for incorporating stress management strategies into daily life.
- To offer a platform for participants to interact with an expert and clarify their doubts.

### Event Details

#### Date and Platform

- **Date:** 25th June 2022
- **Time:** 7:00 PM
- **Platform:** Google Meet

### Participants

- **Total Attendees:** 75 students
- **Webinar Co-ordinator:** Mr. Aparesh Mondal, Assistant Professor, Dept. of Geography

### Speakers and Patrons



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- **Lecture Delivered by:** Mr. Sahin Sahari, Assistant Professor of Education, Belda College
- **Chief Patron:** Dr. Anindya Kishore Bhaumik, President, Swarnamoyee Jogendranath Mahavidyalaya
- **Patron:** Dr. Ratan Kumar Samanta, Principal of the college

## Programme Outline

### Inaugural Session

The webinar commenced with an inaugural session where Mr. Aparesh Mondal, the webinar coordinator, welcomed all participants and introduced the speakers and patrons. Dr. Anindya Kishore Bhaumik, President of Swarnamoyee Jogendranath Mahavidyalaya, delivered the opening remarks, emphasizing the importance of stress management in today's fast-paced world. He highlighted the role of educational institutions in providing students with the necessary tools to cope with stress.

### Main Lecture

#### Lecture by Mr. Sahin Sahari:

Mr. Sahin Sahari, Assistant Professor of Education at Belda College, delivered an engaging and informative lecture on stress management techniques. Key points from his lecture included:

- **Understanding Stress:** Mr. Sahari explained the concept of stress, its causes, and its impact on physical and mental health. He discussed the difference between acute and chronic stress and the importance of recognizing stress symptoms early.
- **Techniques for Managing Stress:** He introduced various stress management techniques, including:
  - **Mindfulness and Meditation:** Practices that help calm the mind and reduce anxiety.
  - **Physical Exercise:** The role of regular physical activity in alleviating stress.
  - **Time Management:** Strategies for managing time effectively to reduce stress.
  - **Healthy Lifestyle Choices:** The importance of a balanced diet, adequate sleep, and avoiding substance abuse.



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- **Practical Tips:** Mr. Sahari provided practical tips for incorporating these techniques into daily life, emphasizing the need for consistency and self-care.

## Interactive Session

Following the lecture, an interactive session was conducted where participants had the opportunity to ask questions and seek clarifications. This session facilitated an engaging dialogue between students and the resource person, allowing for in-depth discussion on various aspects of stress management. Participants actively participated, raising pertinent queries about specific techniques, managing academic pressure, and maintaining a work-life balance.

## Feedback and Conclusion

At the end of the webinar, feedback forms were distributed to gather participants' opinions and suggestions. The feedback was overwhelmingly positive, with many participants expressing gratitude for the comprehensive information and practical advice provided. They felt more equipped to manage stress and improve their well-being.

Dr. Ratan Kumar Samanta, Principal of the college, concluded the event by thanking the speaker, patrons, and participants for their active involvement. He reiterated the importance of stress management and encouraged everyone to implement the techniques discussed in the webinar.

## Outcomes

The webinar on "Stress Management Techniques" successfully achieved its objectives. Key outcomes included:

- Enhanced awareness among participants about the importance of stress management.
- Increased motivation to adopt stress management techniques.
- Strengthened interaction between students and the resource person, providing a platform for knowledge sharing.
- Promotion of a healthy and balanced lifestyle among students.

## Acknowledgements



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The Departments of Education, Sanskrit, and Sociology of Swarnamoyee Jogendranath Mahavidyalaya extend heartfelt thanks to all the speakers, patrons, participants, and volunteers who contributed to the success of this event. Special thanks to Mr. Sahin Sahari, Dr. Anindya Kishore Bhaumik, Dr. Ratan Kumar Samanta, and Mr. Aparesh Mondal for their insightful contributions and coordination.



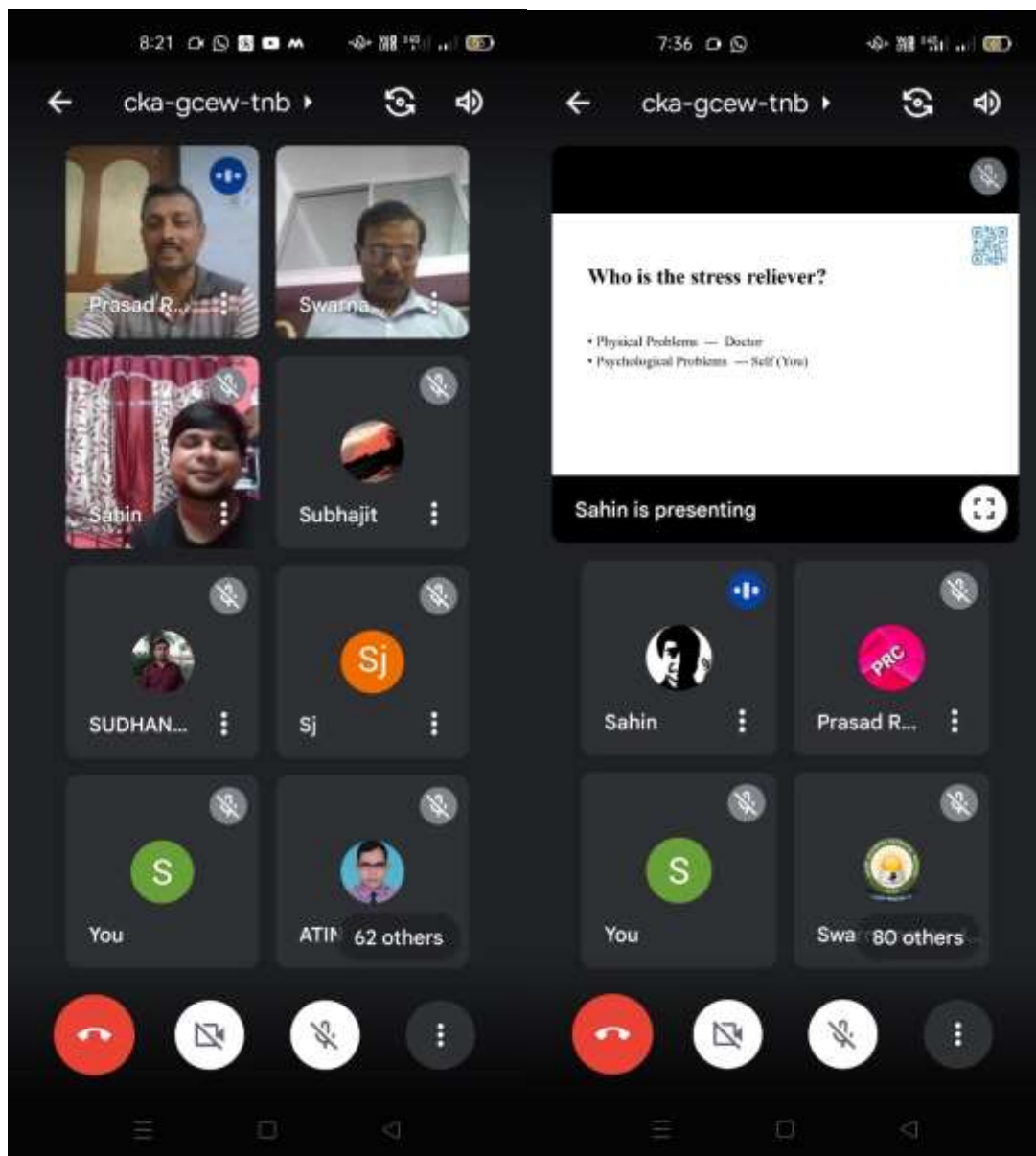
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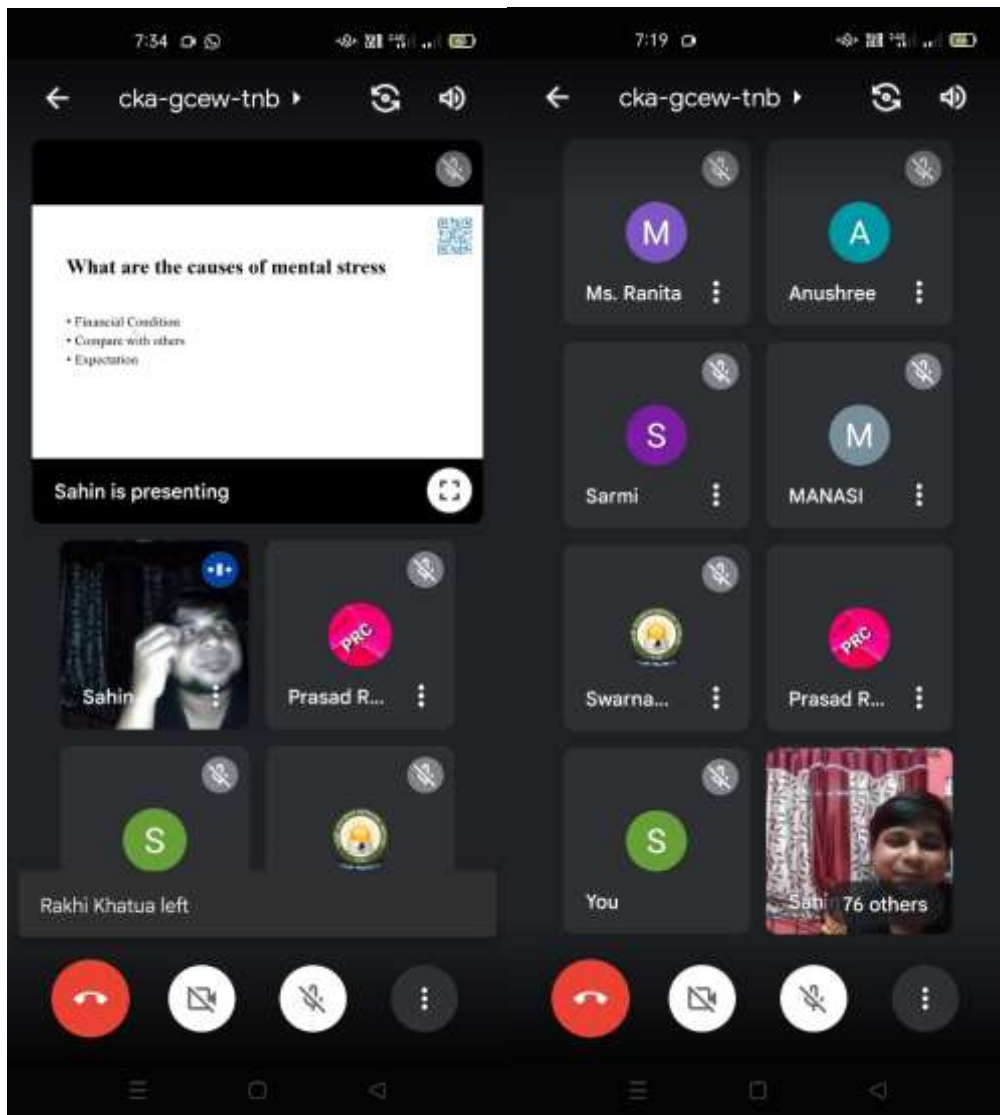


Photo Plate: Screenshots of webinar held in Google Meet platform on 25/06/2022

Date: 26/06/2022



*Banab*

**Dr. Ratan Kumar Samanta**

*Principal*

Swarnamoyee Jogendranath Mahavidyalaya  
Amdabad :: Purba Medinipur :: Pin-721650



# One Day State Level Webinar



## On Stress Management Techniques

Jointly Organized by

Department of Education, Sanskrit and Sociology

### Swarnamoyee Jogendranath Mahavidyalaya

Amdabad, Nandigram, Purba Medinipur, West Bengal, Pin-721650

Date : 25<sup>th</sup> June, 2022

Time : 7.00 P.M Onwards

Google Meet Link: <https://meet.google.com/cka-gcew-tnb>



Resource Person

**Mr. Sahin Sahari**

Assistant Professor  
Department of Education  
Belda College,  
Paschim Medinipur, WB



Chief Patron

**Dr. A. K. Bhaumik**

President  
S. J. Mahavidyalaya



Patron

**Dr. Ratan Kumar Samanta**

Principal  
S. J. Mahavidyalaya

#### Convener

- Mrs, Soma Adhikary, Assistant Professor, Department of Education
- Dr. Parimal Mandal, Assistant Professor, Department of Sanskrit
- Mr. Sanjit Debnath, Assistant Professor, Department of Sociology

#### Other Members

##### Department of Education

- Sri Sanjoy Mandal, SACT-II
- Mrs. Manasi Maity, SACT-II
- Mrs. Shrabani Maity, SACT-II

Registration Link-<https://forms.gle/pxvEcRU6PApsnab58>

##### Department of Sanskrit

- Sri. Prasad Ranjan Chakrabarti, Assistant Professor
- Sri Narugopal Das, SACT-I

##### Department of Sociology

- Mr. Atin Maity, SACT-II
- Mrs. Sweta Bera, SACT-II



ONE-DAY STATE LEVEL WEBINAR  
ON

**STRESS MANAGEMENT TECHNIQUES**

Jointly organized by

**Department of Education, Sanskrit and Sociology**

In collaboration with

**Inter Quality Assurance Cell**

**SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA**

(A Govt. Aided General Degree College::Affiliated to Vidyasagar University)

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*Certificate of Appreciation*

This is to certify that Mr. Sahin Sahari, Assistant Professor of Beida College, Paschim Medinipur, West Bengal has delivered a special lecture on 25th June, 2022 as a Resource Person in a One Day State level Webinar on "Stress Management Techniques" jointly organized by Department of Education, Sanskrit and Sociology in collaboration with Internal Quality Assurance Cell(IQAC), Swarnamoyee Jogendranath Mahavidyalaya. We are thankful to him for a resourceful academic deliberation.

*Prasabarti*

Dr. Prasad Ranjan Chakrabarti  
IQAC Coordinator

S. J. Mahavidyalaya  
I-Q-A-C  
Co-ordinator

Swarnamoyee Jogendranath Mahavidyalaya  
Amdabad, Purba Medinipur - 721650

*Primal Mandal*

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S.J. Mahavidyalaya

*S. Adhikary*

Mrs. Soma Adhikary  
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*Sanjit Debnath*

Mr. Sanjit Debnath  
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*Ratan Kr. Samanta*

Dr. Ratan Kr. Samanta  
Principal

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