

## **Guru Nanak College ,Dhanbad**

### **Department of Psychology**

#### **One Week Online Workshop on Stress Management**

**Date : 27<sup>th</sup> June,2021 – 3<sup>rd</sup> July.2021**

The current world context of social distancing stay-at-home mandates, online or cancelled college classes ,fear of contagion, and uncertainty of the future due to COVID-19 puts additional stress on students mental well being as well as College's capacity to provide emotional support for their students.

The Department of Psychology ,Guru Nanak College Dhanbad aims to share its responsibility by taking care of mental and emotional health in these testing times through its one week online workshop (divided into multiple sessions ) on Stress Management for the students of Guru Nanak College Dhanbad.

The workshops were conducted by Prof. Anuradha Kumari Department of Psychology . These workshops introduce students to the key skills needed to manage their stress. Around 100 participants joined in each session along with faculty members of others departments joined the sessions and made it success .

Our Principal Dr. Sanjay Prasad were also present in the workshop and he appreciated this initiative taken by the Department of Psychology . He said that this workshop will be very beneficial for our students and motivated students to implement those coping techniques in their life and to be positive because a positive mindset brings positive things.

One week online workshop was framed such as –

**Psychology – 27/-6/21**

**Hindi - 28/06/21**

**Economics – 29/06/21**

**Political Science – 30/06/21**

**English – 01/07/21**

**History – 02/07/21**

**Commerce – 03/07/21**