

Guru Nanak College ,Dhanbad

Department of Psychology

One Week Online Workshop on “Stress Management”

Date : 27th June,2021 – 3rd July.2021

The present day world of social distancing ,stay-at-home mandates, ,fear of contagion, and uncertainty everywhere due to COVID-19 puts additional stress on our 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 , Head 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 other departments and made it success .

Our Principal Dr. Sanjay Prasad was also present in the inaugural workshop and he appreciated the initiative taken by the Department by the way of organizing workshops like these . He 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

