



St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

Report Workshop on How to Deal with Social Pressure

Organized by

Department of Arts & Humanities

St. Wilfred's College for Girls

A one day workshop was conducted on “How to Deal with Social Pressure”. This workshop was organized by Department of Arts & Humanities. The details of workshop are as given below:

Organized by: Department of Arts & Humanities organized one day Workshop on How to Deal with Social Pressure dated 13-06-2023 in College Campus. The workshop formally inaugurated with Lightening of Lamp by Honorable Guest **Dr. Neema Shekhawat** HoD Department of Psychology St. Wilfred P.G. College Jaipur, **Dr. Keshav Badaya** Hon. Secretary, St. Wilfred's Education Society and **Dr. Manisha Tiwari** Principal and convener of the workshop, **Dr. Tarika Sharma** organizing Secretary of workshop. Inaugural with Saraswati-Vandana and lamp of lighting. The program was inaugurated by **Dr. Neema Sekhawat** along with an inaugural speech highlighting the importance of these topic in present day context. She started her talk with an introduction with social issues . Physical comforts are increasing day by day but at the cost of increase in mental stress. Students spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind becomes stressful. They may have headaches, they are tired, and they are so exhausted that they just want to crawl into bed and sleep. Yoga not only releases mental stress, but it also give strength to the body and mind. Relaxation & meditation brings sound sleep and calmness to the mind.

Around these thoughts, the two hour session began with light exercise and some music for the participants. It helped the students relax and concentrate which was the mantra for the day “Relaxing helps reduce stress”.

Following are the tips given by **Dr. Neema Sekhawat** on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living.

- Structure each day to include a minimum of 20 minutes of aerobic exercise.
- Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.
- Substitute fruits for desserts.
- Avoid caffeine.
- Get at least 7 hours of sleep.
- Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.
- Take a warm bath or shower.
- Go for a walk. Get in touch! Hug someone, hold hands, or stroke a pet. Physical contact is a great way to relieve stress.



Neema
Head & Convener
Internal Quality Assurance Cell (IQAC)
St. Wilfred's College for Girls

Manisha
Principal
St. Wilfred's College For Girls
Jaipur

Address: Sector-5, Near Technology Park Vashishtha Marg, Shipra Path, Mansarovar, Jaipur

Website <https://wilfredgirlscollege.com/>, E-mail:-wilfredgirlscollege@gmail.com, Contact No. 0141 278 3476, +91-9351417050 +91-9024175055

Where the mind is without fear ! Where the head is held high !

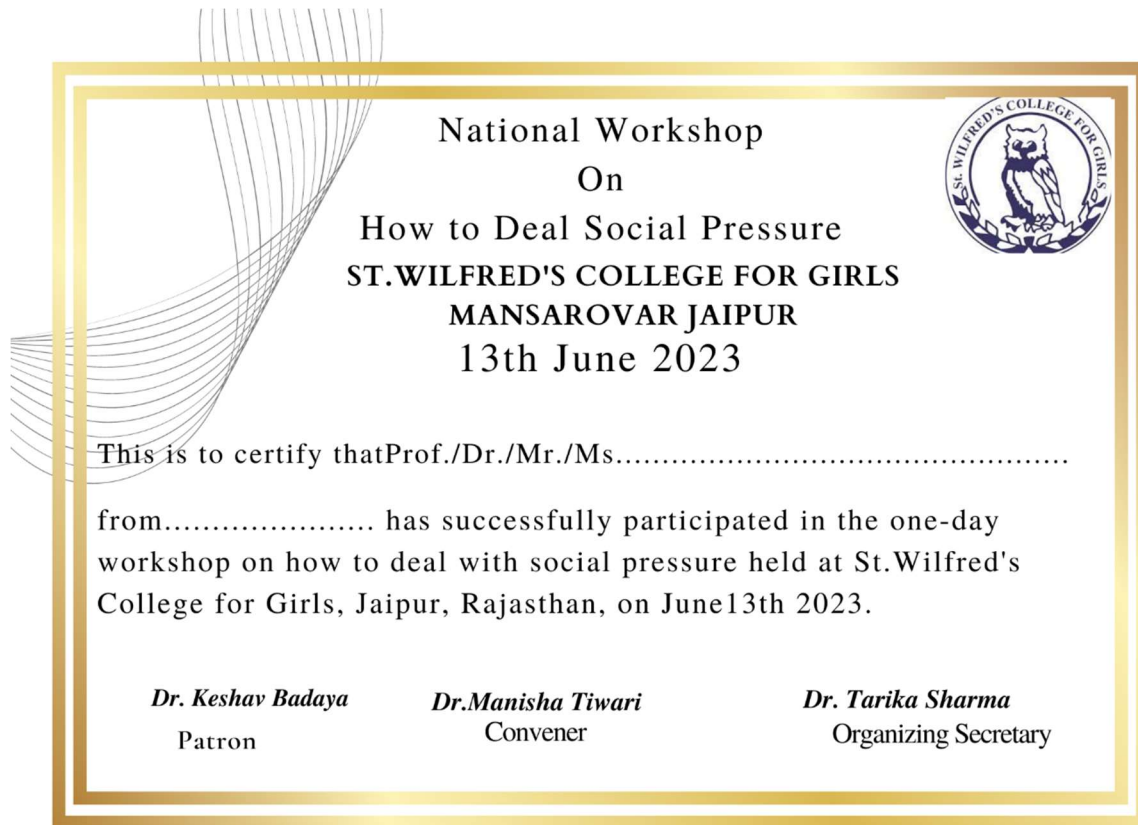


St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

All of the above tips given in the session seemed very useful and efficient to reduce the stress. The participants of the workshop had a wonderful experience during various practice and exercises. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved. The session gave the students and the faculty members an opportunity to learn how to manage stress in their daily lives.

In valedictory function **Dr. Narendra Kumar Agrawal** IQAC head gave the vote of thanks. Outcome the discussed topics are very useful for the participants. All the sessions were very much interactive.



Sample Copy of Workshop Certificate



Manisha
Head & Convener
Internal Quality Assurance Cell (IQAC)
St. Wilfred's College for Girls
Jaipur

Mal
Principal
St. Wilfred's College For Girls
Jaipur



St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

<p>WORKSHOP ON HOW TO DEAL WITH SOCIAL PRESSURE</p> <p>13 JUNE . 2023</p>  <p>Organized By Department of Psychology St. Wilfred's College for Girls</p> <p>Sector-5, Near Technology Park Vashishtha Marg, Shipra Path, Mansarovar, Jaipur, Rajasthan 302020</p> <p>Venue College Auditorium St. Wilfred's College for Girls</p>	 <p>Patron Dr. Keshav Badaya, Secretary, Wilfred,'s Education society . Convener Dr. Manisha Tiwari Principal St. Wilfred's College for Girls</p> <p>Organizing Secretary Dr. Tarika Sharma Department of Psychology</p> <p>Dr. Mani Bharti Dr. Bharti Singh Dr. Shahida Khan Dr. Alka Sherry Dr. Monika Jain</p>	<p>Registration Form</p> <p>Dr./Mr./Mrs./Ms.....</p> <p>Department/Institute.....</p> <p>Full Postal Address.....</p> <p>E-mail.....</p> <p>Mobile Number.....</p> <p>I shall take part in the workshop on How to deal with social pressure on 13 -06-2023. at, St. Wilfred's College for girls jaipur.</p> <p>Date..... Signature.....</p> <p>Address for Correspondence Dr. Tarika Sharma 8386836431</p>
---	--	---

Sample copy of workshop Brochure



Manisha
Head & Convener
Internal Quality Assurance Cell (IQAC)
St. Wilfred's College for Girls
Jaipur

Manisha
Principal
St. Wilfred's College For Girls
Jaipur