



St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

Report Workshop on Workshop on How to Deal with Social Pressure

Organized by

Department of Psychology

A one day workshop was conducted on “How to Deal with Social Pressure”.

This workshop was organized by Department of Psychology. The details of workshop are as given below:

Organized by: Department of Psychology Department of Psychology organized one day Workshop on Data Science dated 13-06-2023 in College Campus. The workshop formally inaugurated with Lightening of Lamp by Honorable Guest Dr. Neema Sekhawat 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.



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



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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.



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