



St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

Report Workshop on Stress Management

Organized by

Department of Arts & Humanities

St. Wilfred's College for Girls

Department of Arts & Humanities organized one day **Workshop on Stress management** dated **26-04-2023** in College Campus. The workshop formally inaugurated with Lightening of Lamp by Honorable Guest **Prof. Muktaa Singhvi** HoD Department of Psychology, University of Rajasthan Jaipur and **Dr. Vishwa Chaudhary**, Assistant Professor, Department of Psychology, University of Rajasthan 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 **Dr. Alka Sherry** Co-Convener of the workshop with Saraswati-Vandana followed the discussion.

All of the dignitaries present on the dais, participants from different parts of the various , colleagues, and students were formally dignify by **Dr. Kashav Badaya** .He spoke of the importance of workshops and seminar for research and work place.

Dr. Keshav Badaya Hon. Secretary, St. Wilfred's Education Society and **Dr. Manisha Tiwari** Principal, St. Wilfred's College for Girls felicitated all the Dignitaries by Shawl, Saafa and memento.

Prof. Muktaa Singhvi, the expert we summoned, talked about the issues and offered solutions. She also discussed the impact of smartphones and the internet. She advised the kids to constantly communicate their difficulties with others rather than holding any tension in their minds as she spoke to them about stress management. In order to teach them how to manage stress and tension, she also urged that they participate actively in the workshop. Explains to the pupils the various forms of stress that journalist's experience. She also underlined various stress management approaches, stress relaxation, and therapies for stress and stress relaxation that they may use.

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". **Dr. Vishwa Chaudhary discuss 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.



Manisha Tiwari
Principal

Manisha Tiwari
Principal
St. Wilfred's College For Girls
Jaipur

Manisha Tiwari
Co-Convener
St. Wilfred's College For Girls
Jaipur

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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.

Lastly, the **workshop concluded** with a discussion of important questions and concerns for protecting and caring for future generations. The **valedictory** of the workshop has been set out in an address by Dr. Tarika Sharma. Organizing secretary sessions gave the students and faculty members an opportunity to learn how to manage stress in their daily lives. The students asked their various queries on stress management. Also, they shared their issues with regards to concentration and focus and got their questions answered by him. This session thus provided an opportunity to share and practice how to prevent, manage, and relieve stress, especially during examinations. They were motivated to face the challenges of life without being stressed.



Lecture delivered by Dr. Vishwa Chaudhary



Participants with our guest



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

Man
Principal
St. Wilfred's College For Girls
Jaipur

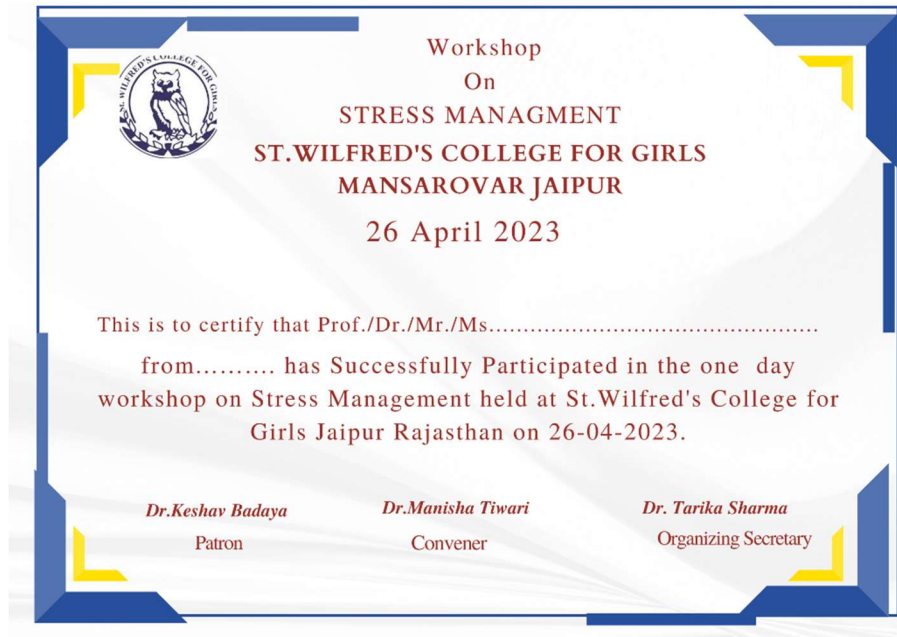


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Group Activity done by students



Sample copy of certificate



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

Man
Principals
St. Wilfred's College For Girls
Jaipur



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|  WORKSHOP ON STRESS MANEGMENT 26 APRIL 2023  Organized By St. Wilfred's College for Girls Sector-5, Near Technology Park Vashishtha Marg, Shipra Path, Mansarovar, Jaipur, Rajasthan 302020 Venue College Auditorium St. Wilfred's College for Girls |  Patron Dr. Keshav Badaya, Secretary, Wilfred's Education society . Convener Dr. Manisha Tiwari Principal St. Wilfred's College for Girls Organizing Secretary Dr. Tarika Sharma Department of Psychology Dr. Dimple Sharma Dr. Mridula sharma Dr. Shahida Khan Dr. Alka Sherry Ms. Ankita Kumawat | Registration Form Dr./Mr./Mrs./Ms..... Designation..... Department/Institute..... Full Postal Address..... E-mail..... Mobile Number..... I shall take part in the workshop on Stress Management 26-04-2023, at, St. Wilfred's College for girls jaipur. Date..... Signature..... Address for Correspondance Dr. Tarika Sharma 8386836431 |
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Sample copy of Brochure



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Head & Convener
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