



St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

Report Workshop on Workshop on Stress Management

Organized by

Department of Psychology

Department of Home Science and Fashion Technology 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.



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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.

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, after workshop Feel Happiness and stress free movement with Experts.



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After workshop all participant fell stress free with expertise



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