



Seminar Report-8th April 2019

Name of the Seminar: *Stress Management*

Conducted by *Commerce Department, Govt Hrangbana College*

Date: *8th April 2019*

Place: *Conference Hall, GHBC*

Resource Person: *Dr Zothanzami, Associate Professor, GHBC*

No of Participants: 127

Context

- Recognizing the growing concern and impact of stress on college students, the Department of Commerce organized a seminar on "Stress Management for College Students" as part of their Department's Personality Development Programme for the students. Dr Zothanzami, a renowned expert in the field of Psychology was the resource person for the event.
- The seminar aimed to address the significant challenges students face in managing stress and provide them with effective strategies to enhance their overall well-being and academic performance.

Outcome

- From the seminar, the students learned about the various factors that contribute to stress in college, including academic pressure, personal relationships, financial concerns, and the transition to independence. The resource person emphasized the importance of self-care, healthy coping mechanisms, and building resilience to navigate these challenges successfully.
- Through the expert delivery of the speaker, the seminar on Stress Management held for the students at the College, the participating students gained valuable insights, practical tools and a supportive environment to help them effectively manage their stress levels. By addressing the challenges specific to college life and promoting self-care and resilience, the seminar played a crucial role in fostering a healthier and more supportive campus community.

