



গড়গাঁও মহাবিদ্যালয়

GARGAON COLLEGE

NAAC accredited with 'B' Grade

**One Day Workshop On  
Stress: *Its Awareness and Management***







### Brief Description and Rationality of the Program:

A one-day special workshop on stress was organized for the faculty members of Gargaon College, with the aim of addressing the various stressors encountered in daily life and providing strategies to manage and reduce stress. The workshop was conducted by Colonel (Dr) R.S. Chhabda, a renowned expert in the field of stress management. This report presents an overview of the workshop and its outcomes.

### Workshop Content

Dr. Chhabda commenced the workshop by elucidating the different levels of stress experienced in various aspects of our lives, including the workplace, home, society, and peer groups. He highlighted how these stressors often lead to annoyance and make life monotonous. Furthermore, Dr. Chhabda differentiated between positive and negative stress. Positive stress was described as a catalyst for courage and determination, enabling individuals to handle risks effectively. Conversely, negative stress was portrayed as anxiety, fear, and distress, which can have detrimental effects on both mental and physical well-being.

### Hands-On Activities

To provide practical solutions for immediate stress relief, Dr. Chhabda demonstrated a variety of hands-on activities during the workshop. These activities were designed to alleviate stress promptly and enhance overall well-being. Although specific details of the activities were not mentioned, it can be inferred that they were likely relaxation techniques, breathing exercises, or other proven stress reduction methods.

### Workshop Facilitation

The workshop was expertly moderated by Dr. D.K. Deka, the Coordinator of the C C and G Cell at Gargaon College. Dr. Deka ensured that the workshop proceeded smoothly and facilitated active participation from the attendees. The effective moderation allowed for a conducive learning environment and encouraged open discussions about stress-related concerns.

### Participant Engagement

A total of 52 faculty members from Gargaon College actively participated in the workshop. The significant turnout demonstrates the recognition of the importance of stress management among the faculty community. The participation of a substantial number of faculty members indicates a positive response to the workshop's theme and a desire for self-improvement in stress management.

### Workshop Outcomes

The one-day special workshop on stress at Gargaon College yielded several valuable outcomes. Participants gained a comprehensive understanding of stress and its impact on their lives. By recognizing the distinction between positive and negative stress, attendees became equipped to harness positive stress as a motivator while developing strategies to mitigate the negative effects of stress.

The hands-on activities demonstrated by Dr. Chhabda provided immediate relief to participants and equipped them with practical tools to manage stress in their daily lives. These activities likely fostered a sense of empowerment and improved participants' overall well-being.

### Conclusion

The one-day special workshop on stress at Gargaon College, conducted by Colonel (Dr) R.S. Chhabda, successfully addressed the issue of stress faced by faculty members. The workshop provided valuable insights into stress management, emphasizing the differentiation between positive and negative stress. The inclusion of hands-on activities and the moderation by Dr. D.K. Deka further enhanced the workshop's effectiveness. The active participation of 52 faculty members exemplifies the relevance of stress management in the academic community and highlights the importance placed on personal well-being. It is expected that the knowledge gained from this workshop will positively impact the faculty members' ability to handle stress, resulting in improved productivity, job satisfaction, and overall quality of life.

Overall, the one-day special workshop on stress was a resounding success, empowering faculty members to manage stress effectively and promoting a healthier work environment at Gargaon College.

### Flyer of the Program:

**GARGAON COLLEGE**  
**One Day Workshop**  
on  
**Stress: Its Awareness & Management**

**Resource Person :**  
**Colonel R.S. Chhabda**

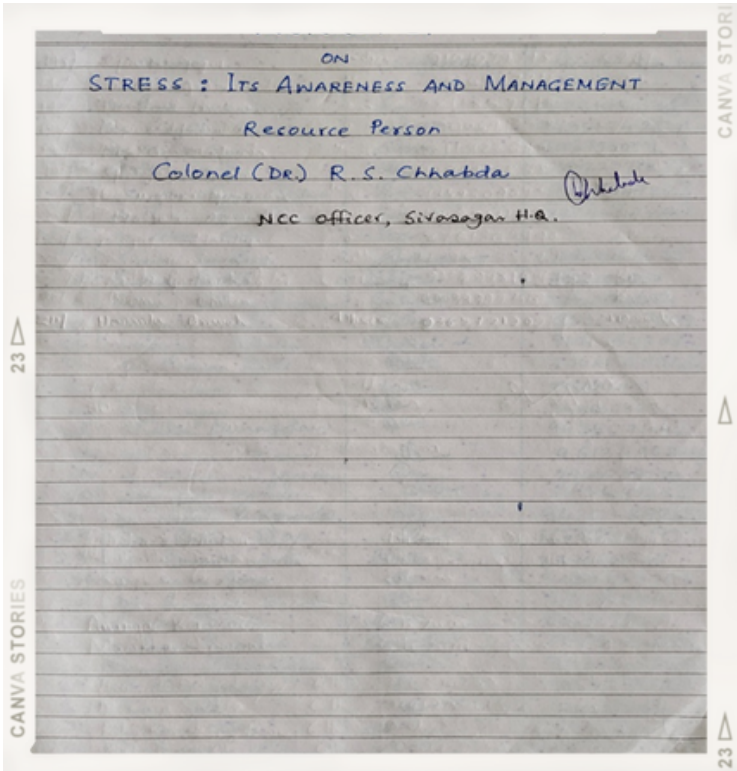
*Organised by :*  
**Career Counseling and  
Guidance Cell**

**Date : 28<sup>th</sup> June, 2022**      **Venue : Academic Gallery**





Photographs of the Program:



Attendance

No.	Name	Signature	Mobile Number
1			
2	Dr. Rina Mandalgane	[Signature]	9822105038
3	Dr. Meghali Borra	[Signature]	9435154251
4	Dr. Mitu Gosai	[Signature]	702793079
5	Arjun Hama	[Signature]	910225718
6	Shyamobhava Saha	[Signature]	9435967263
7	Dr. Basu Kees Saha	[Signature]	9954462421
8	Dr. Pawan Saha	[Signature]	
9	Pratikha Saha	[Signature]	8638384230
10	Sandhya Saha	[Signature]	7002186757
11	Sankar Shekhar Bera	[Signature]	7002560074
12	Sargata Chitla	[Signature]	8134967809
13	Debjani Chitla	[Signature]	9101339707
14	Dr. Rakha Khatu	[Signature]	70022865066
15	Ankita Datta	[Signature]	9954272431
16	Ritika Bhowmik	[Signature]	8486048270
17	Bhishma Bhowmik	[Signature]	9435671042
18	Manusana Phansa	[Signature]	9613496214
19	Dr. Manoj Kumar	[Signature]	7935058028
20	Dr. Pooja Konwar	[Signature]	943649136
21	Dr. Nilali B. Konwar	[Signature]	94351-59850
22	Dr. Rakha Das	[Signature]	9678814101
23	Ms. Basanti Das	[Signature]	8876261741
24	Dr. Anna Gosai	[Signature]	9435159444
25	Dr. Rinjini Bora	[Signature]	9101880914
26	Rinjan Borah	[Signature]	8876157587
27	Dr. Anjan Kumar	[Signature]	94351-56332

36	Dr. Chiranjit Bhowmik	[Signature]	8639163523
37	Rituraj Das	[Signature]	886864296
38	Dr. Subhasmita Das	[Signature]	9954711153
39	Yuvraj Gosai	[Signature]	7275427343
40	Shankar Bhowmik	[Signature]	9101038993
41	Dr. Manish Ghosh	[Signature]	7002880366
42	Abdul Malik Gaitan	[Signature]	7099746101
43	Dr. Ramandeep Singh	[Signature]	6002602305
44	Rajib Das	[Signature]	71453324
45	Dr. Kalyan Choudhary	[Signature]	808149856
46	Anil Das	[Signature]	9864976200
47	Dr. Ananta Kumar	[Signature]	875187467
48	Mohana Das	[Signature]	6002849520
49	Dr. Rakha Das	[Signature]	9435102593
50			
51	Dimplekhatu	Economics Dept	4th semester
52	Rakha Prabin Soren	Botany Dept	4th semester
53	Chiranjit Bhowmik	Botany Dept	4th semester