

# Workshop on Stress management organized at Golden Jubilee Hostel

To overcome the stress and anxiety, a workshop on stress management and concentration development was organized at Golden Jubilee Hostel. All the students of the hostel participated in the Workshop. Permission of this programme was granted by concerned authorities Chief Warden, Dr. A. K. Shukla, Dean Student Welfare, Dr. R. S. Jadoun. The program at Golden Jubilee Hostel commenced with a lamp lighting ceremony by Honorable Guests.

Dr. R. S. Jadoun, Dean Student Welfare, Dr. A.K. Pratihari, Professor, College of Technology, Mrs. Manojbala, Mrs. Kiran were the honorable guests of this function. The Workshop was conducted by Hostel Warden, Dr. Arpita Sharma.



The aim behind this workshop was to guide the students how to overcome the stress during research work and to teach them stress management techniques to coping with the inevitable stress.

While addressing the students, Dr. R. S. Jadoun shared his views regarding how to relieve themselves from stress. He well explained the importance of positive thinking and positive attitude in life. He said that students most of the time find it difficult to face the changes and to cope up with such variations. Hence, this leads to stress, anxiety and tension. He also emphasized

about stress relaxation therapies and different stress management techniques.

Dr. A.K. Pratihari, Professor, College of Technology said that anxiety is a part of human nature, but it is important to know how to overcome it. He also talked about Self Realization. He said that self realization has always been the ultimate goal of all religions and spiritual traditions of the world. It has now become a mass phenomenon achieved effortlessly through Sahaja Yoga, which is Shri Mataji's invaluable gift to humanity. He also emphasized the benefits of Yoga and Meditation.

Later, an interactive session was held. The students asked their various queries on stress management.



The Hostel Warden, Dr. Arpita Sharma said that we have organized this workshop in our hostel so that our students live a more stress free life. She said that meditation can relieve stress and enhance the brain's capacity for perception, awareness, and efficiency in processing.

The programme ended with a vote of thanks to the Guests .