

Event / Activity Report

1. Name of Department:- Human Development
2. Name of the Event / Activity:-“Strategy of Stress Management for the Students in Emerging Uncertainty”.
3. Mode of Event/Activity(Online/Offline): Online
4. Date(s)& Time of the event: 8th July.11AM
5. Venue of the Event: Google Meet
6. Nature of the Activity (Tick / underline the applicable choice): *programme / function / **event** / competition / lecture / exhibition / camp / workshop / training / extension activity / rally / campaign / drive / celebration of days / extending help in terms of students, expertise, experience, etc.*
7. Financial Details: - No
8. Level of the activity (Tick / underline the applicable choice): *International / National / State / University / District / **College** / Local / Village / Gram Panchayet*
9. Name of the Sponsor: No
10. Name of the Collaborator, if any: IQAC of Sree Chaitanya Mahavidyalaya.

11. Purpose / Aims / Objectives of the event:

- Turn Down the Stress of Students in Current Scenario.
- Learning of Cope up Strategy.
- Awareness
- Significance of Mental Wellbeing

12. Names and designations / professions of dignitaries, guests, participants:

Capacity	Name	Designation / Profession / Affiliating Institute / Organization
Chairperson/Patron	Dr. Subrata Chatterjee	Principal Of Sree Chaitanya Mahavidyalaya.
Inaugurator	Dr.Sanjib Taludar	Associate Professor in Economics. Coordinator of Human Development.
Resource Person(s)	Dr.Olivia Gnguly	Asst Professor Dept. of Human Development, Sarada Ma Girls' College & Psychological Counseling.

13. Name(s) of the Anchor(s):- Dr.SanjibTalukdar

14. Mode of involvement of Support Staff/Students in the organization of the event:
Shibananda Mridha

15. Beneficiaries / participants / audience (Type and/or number): Students , Other College
Faculties

16. Outcome of the activity with Methodology [Tick or underline the suitable alternative(s) and give details]: ***awareness** / prizes won / **social service** / personality development (name the aspects) / skill testing or development, etc.*

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17. Quantitative information: Number of teachers, students, participants, teams, events, categories, colleges, universities involved in the organization of the event:

- Total 100 (approx.) participants joined this webinar.
- Maximum Participants were Students.

18. Any other information/report/remarks/comments:

- Limited Registration
- All students are not accommodated.
- Technical Problem
- Due to not face to face introduction we were unable to know students motivation.

19. Photographs (with captions&/or Geo tag) submitted (number):



STRESS

Webinar on
"Strategy of Stress Management for the Students in Emerging Uncertainty"

8th July 2020
(Wednesday) at 11.00 AM

"E-Certificate will be issued to participants after submission of feedback form"
No Registration Fee # Limited Seat:100
Registration Link:
<https://forms.gle/RdfJRA8B1EYd6j8C8>
Last date of Registration: 6 July 2020 at 5 PM

Speaker:
Dr Olivia Ganguly
Asst Professor, Dept of Human Development,
Sarada Ma Girls' College & Psychological Counselor

Organized by
Department of Human Development & IQAC
Sree Chaitanya Mahavidyalaya
Habra-Prafullanagar, North 24 Parganas

Hosted by:
Mr. Shibananda Mridha
Sree Chaitanya Mahavidyalaya

Dr Subrata Chatterjee
Principal
Dr Sanjib Talukdar
Convener
Prof. Tanushree Biswas
Prof. Mousumi Sinha
Prof. Namrata Bhattacharya
Jt. Conveners

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20. Documents produced (List of Participants, Programme Schedule, Certificates, letters, newspaper cuttings, data base soft copy, etc.):

Mousumi Sinha Rudra

Signature & Name of Teacher/Person

Submitting the Report with Date