

- Name of the program – **A state level workshop on stress management**
- Date – **10<sup>th</sup> November, 2016.**
- Venue – **Triveni Devi Bhalotia College.**
- Participant's details – Delegates included Honorable Vice Chancellor Dr.Sadhan Chakraborty, Dr.Subhrangsu Aditya (Medical Practitioner & Psychotherapist), Sahana Nag (Psychotherapist), and 12 other counselors from Centre for Counselling Services and Studies in Self-development who helped initiate and conduct the workshop. About **100** students including the students of Department of Psychology participated in the workshop.
- Background – The age group of graduate students approx. 18 to 22, which span in the later adolescent period. Adolescence is considered as the most tumultuous period of life. Hall (1976) rightly remarked is so complex where the intricacies of adolescence period are more hazardous. The basic characteristics of adolescence in modern times are increased emotional instability, period of unrealism, hero worship, moral dilemma, faster change in the physical and biological system, temporary imbalance of whole endocrine system, tendency to incline towards anti-social behavior, drug and sex abuse and several other unique characteristics. It is widely accepted the adolescent students need counselling support when they face personal, social, familial and educational issues. Kaila (2003), in the study on educational and vocational anxiety, and the students face problems such as low self-esteem, difficulties in managing anger and sexuality. Investigators suggested that school counsellors should be appointed on full time basis and need to enlighten on the specific issues for better future of the students.
- Objectives of the program-
  - Support students' social, emotional, and behavioral health.
  - Provide counselling
  - Promote wellness and social skills, problem solving, anger management, self-regulation and identify academic barriers in learning.
  - Motivate all students to engage in learning.
  - To make awareness about the psychological issues.

- Aim of the program- To help students to solve problems and quarries, help them to make decisions, and stand up for themselves. By this program counsellors wanted to make them experience the best it can be by positive influence and motivation.

As the department was just newly formed so to make the awareness about the department and generate the importance of the subject psychology, this program was planned.

Documents related this program-

STATE LEVEL WORKSHOP :		NAME	SIGNATURE
Subject : Stream Management			
Name	Signature		
1. Sakham Chakrabarti	Sakham 10/11/16	35. Shreejita Bandyopadhyay	Shreejita Bandyopadhyay 10/11/16
2. Dr. A. V. Prj	Dr. A. V. Prj 10/11/16	36. PAULOMI GHOSH	Paulomi Ghosh 10/11/16
3. SAVANA NAG	Savana Nag 10/11/16	37. Prarthana Sengupta	Prarthana Sengupta 10/11/16
4. Dr. SUBRANASU ADITYA	Dr. Subrasu 10/11/16	38. Sayona Basak	Sayona Basak 10/11/16
5. SWANARATA PONDAR	Swanarata 10/11/16	39. Poojanka Mukherjee	Poojanka Mukherjee 10/11/16
6. Ananta Majumdar	Ananta 10/11/16	40. Tahita Chatterjee	Tahita Chatterjee 10/11/16
7. Gayatri Vaidya	Gayatri 10/11/16	41. Soumyadeep Roy	Soumyadeep Roy 10/11/16
8. Lisa NGA BANERJEE	Lisa NGA 10/11/16	42. Ankita SIK	Ankita SIK 10/11/2016
9. RVITRIKA BHATTACHARYA	Rvritrika 10/11/16	43. Renu Pal	Renu Pal 10/11/2016
10. Saptadwipa Saha	Saptadwipa 10/11/16	44. MOHAN MONDAL	Mohan Mondal 10/11/16
11. Nandini Nandy	Nandini 10/11/16	45. RUPAJOYTI MITRA	Rupajoyti Mitra 10/11/16
12. Aditi Bandyopadhyay	Aditi Bandyopadhyay 10/11/16	46. PARTHA MANDAL	Partha Mandal 10/11/16
13. Nishanta Poykhalik	Nishanta 10/11/16	47. Tanushka Goswami	Tanushka Goswami 10/11/16
14. Basabi Ban (Chitra)	Basabi 10/11/16	48. Madhusama Das Chowdhury	Madhusama Das Chowdhury 10/11/16
15. Dr. Md. Saifuraj Kamal	Dr. Md. Saifuraj Kamal 10/11/16	49. Anurita Ghosh	Anurita Ghosh 10/11/16
16. MD. MDILIN DARSANI	MD. MDILIN DARSANI 10/11/16	50. Shreetha Rudra	Shreetha Rudra 10/11/16
17. Dr. AMANABEEN	Dr. AMANABEEN 10/11/16	51. JHUMKA BANERJEE	Jhumpa Banerjee 10/11/16
18. Dr. Parindipon Das	Dr. Parindipon Das 10/11/16	52. Sama Roy Karmakar	Sama Roy Karmakar 10/11/16
19. NORA/ NIS/ ISON	NORA/ NIS/ ISON 10/11/16	53. Anuradha Lathi	Anuradha Lathi 10/11/16
20. ARHIT CHATTERJEE	Arhit Chatterjee 10/11/16	54. Damayanti Bhattacharyya	Damayanti Bhattacharyya 10/11/16
21. RAJASHREE BOSE	Rajashree Bose 10/11/16	55. Anvita Karmakar	Anvita Karmakar 10/11/16
22. ANUP BHATTACHARYA	Anup Bhattacharya 10/11/16	56. Sneetama Mishra (Das)	Sneetama Mishra (Das) 10/11/16
23. Srisa Laksh	Srisa Laksh 10/11/16	57. Anvika Bhattacharyya	Anvika Bhattacharyya 10/11/16
24. Srisa Laksh	Srisa Laksh 10/11/16	58. Anshu Subro	Anshu Subro 10/11/16
25. Dr. Sabana Khatoon	Dr. Sabana Khatoon 10/11/16	59. Oly Datta	Oly Datta 10/11/16
26. Shreejita Bandyopadhyay	Shreejita Bandyopadhyay 10/11/16	60. Swadha Datta	Swadha Datta 10/11/16
27. Dr. Suman Roy (Chatterjee)	Dr. Suman Roy (Chatterjee) 10/11/16	61. Rima Paul	Rima Paul 10/11/16
28. Dr. Rajarshi Pal (Kishor Kumar Chatterjee)	Dr. Rajarshi Pal (Kishor Kumar Chatterjee) 10/11/16	62. Kaitika Banerjee	Kaitika Banerjee 10/11/16
29. Dr. Anupam Das	Dr. Anupam Das 10/11/16	63. Abhijit Ghosal	Abhijit Ghosal 10/11/16
30. Poojanka Choudhury	Poojanka Choudhury 10/11/16	64. Sumit Mondal	Sumit Mondal 10/11/16
31. Shikha Das Adhikary	Shikha Das Adhikary 10/11/16	65. Rupa Datta	Rupa Datta 10/11/16
32. Tanisha Singh	Tanisha Singh 10/11/16	66. Prarthana Datta	Prarthana Datta 10/11/16
33. Anvika Das	Anvika Das 10/11/16	67. Shalabika Chatterjee	Shalabika Chatterjee 10/11/16
34. Nandini Ghosh	Nandini Ghosh 10/11/16	68. Tanushka Das	Tanushka Das 10/11/16
		69. Anvika Das	Anvika Das 10/11/16
		70. Anvika Das	Anvika Das 10/11/16

NAME	SIGNATURE
70) Sanjukta Banerjee	Sanjukta 10/11/16
71) Diti Das	Diti Das 10/11/16
72) Priyanka Haldhary	Priyanka Haldhary 10/11/16
73) Dipa Bhow	Dipa Bhow
74) Payal Bhadra	Payal Bhadra 10/11/16
75) Adhuni Kanti	Adhuni Kanti 10/11/16
76) Sanjukta Chattopadhyay	Sanjukta Chattopadhyay 10/11/16
77) Debjani Chatterjee	Debjani Chatterjee 10/11/16
78) Ajay Kumar Singh	Ajay Kumar Singh 10/11/16
79) Nivedita Mishra	Nivedita Mishra 10/11/16
80) Nikki Kumari	
81) <del>Aparna Das</del>	
82) Subhjit Bhattacharya	Subhjit Bhattacharya
83) Mansuri De	Mansuri De
84) Sucharita Panja	Sucharita Panja
85) Sourav Mondal	Sourav Mondal
85) Nivedita Sharma	Nivedita Sharma
86) Archana Hansda	Archana Hansda
87) Anjita Dutta	Anjita Dutta 10/11/16
88) Khamika Sen	Khamika Sen
89) Dipshikha Chakraborty	Dipshikha Chakraborty 10/11/16
90) Megha Dutta	Megha Dutta
91) Tanika Mondal	Tanika Mondal
92) Sushmita Margaret Mondal	Sushmita Mondal 10/11/16
93) Parvati Mishra	Parvati Mishra
94) PRIYANKA NANDY	Priyanka Nandy
95) SUSMITA CHATTERJEE	Susmita Chatterjee
96) Nivedita Sharma	
97) Rukmini Ruidas	Rukmini Ruidas
98) Monisha Mondal	Monisha Mondal
99) Soumita Ghatak	Soumita Ghatak
100) Jayatri Konar	Jayatri Konar
101) Debasmita Roy	Debasmita Roy
102) Aparupa Das	Aparupa Das
103) Ar. Subham Banerjee	