



आचार्य: श्री नरेंद्र मोदी
ACHARYA (CHANCELLOR)
SHRI NARENDRA MODI

संस्थापक: रवीन्द्रनाथ ठाकुर
Founder: Rabindranath Tagore

उपाचार्य: प्रोफेसर संजय कुमार मल्लिक
UPACHARYA (VICE-CHANCELLOR) (Acting)
PROF. SANJOY KUMAR MALLIK

Memo No: No: IQAC/ 10 /2024-25

Date: 20 May 2024

Notice

“Mitigating Stress: Choose from the Alternatives” for Visva-Bharati Fraternity

This is for information of all concerned that, Internal Quality Assurance Cell (IQAC), Visva-Bharati in association with Viksit Bharat Cell, Visva-Bharati is organizing one workshop on “**From Distress to Eustress: A Path to Happy & Productive Life**” for the Faculty Members, Officers, Staff, Scholars, and Students, of Visva-Bharati on **30 May 2024 (Thursday) at the Conference Hall, Central Library at 3.00pm onwards.**

The following Faculty members of Management Studies, Dr. B. C. Roy Engineering College, Durgapur have accepted our invitation and agreed to act as the resource persons of the session;

1. **Dr. Sandip Mukherjee**, Associate Professor
2. **Dr. Bhaswati Roy**, Assistant Professor
3. **Dr. Indrani Sengupta**, Assistant Professor
4. **Ms. Sayanti Samanta**, Assistant Professor

The detail of the program is noted in the next page as sent by the resources persons.

Professor Samiran Mondal, Principal Vinaya Bhavana has kindly consented to chair the session.

Members of IQAC and Viksit Bharat Cell are requested to extend their necessary cooperation to organise the event in a befitting manner.

All the Principals, Directors, HODs, Officers, Staff, Scholars, and Students of Visva-Bharati fraternity are requested to make it convenient to attend the program and make the same a grand success.

Adinath Dey

Coordinator 20/5/2024
Internal Quality Assurance Cell (IQAC),
Visva-Bharati, Santiniketan

SM
Convener
Viksit Bharat Cell
Visva-Bharati, Santiniketan

Mitigating Stress: Choose rom the Alternatives

Name of the Workshop: FROM DISTRESS TO EUSTRESS- A PATH TO HAPPY & PRODUCTIVE LIFE

General Objectives: Stress is a lethal weapon that can slowly permeate into our physical and mental well-being and with its persistent occurrence we may, eventually, give in to despair. Effective stress management not only helps tackling adversities but also makes us capable enough to face any future challenge.

Long term stress can adversely affect our health and jeopardize productivity. Therefore, preventing and managing stresses can lower our risks for heart disease, obesity, hypertension and depression etc.

Importance: Effective stress management in the workplace is important for many reasons but one of the most important reasons is to live a peaceful yet productive life. The success can be achieved if we are able to adopt coping strategies that are instrumental in reducing or sometimes completely eliminating stresses.

Specific Objectives: After undergoing the workshop, the participants will be able to:

- Develop understanding on some key stressors (financial and non-financial) in our everyday life.
- Assess individual strengths and weaknesses while facing stressful situations.
- Apply coping techniques to address varying stressful situations and making a turn-around to stressors to imbue serenity and peace.

Participants: Faculty, staff & Scholars

Date: 30th May, 2024 (Thursday)

Time Duration: 120 minutes

Facilitators:

- **Dr. Sandip Mukherjee**, Associate Professor, Faculty of Management Studies, Dr. B. C. Roy Engineering College, Durgapur
- **Dr. Bhaswati Roy**, Assistant Professor, Faculty of Management Studies, Dr. B. C. Roy Engineering College, Durgapur
- **Dr. Indrani Sengupta**, Assistant Professor, Faculty of Management Studies, Dr. B. C. Roy Engineering College, Durgapur
- **Ms. Sayanti Samanta**, Assistant Professor, Faculty of Management Studies, Dr. B. C. Roy Engineering College, Durgapur

Module Break-Up:

Serial No.	Area to be covered	Training Methods	Running Time	Key Attributes
1.	Introduction of the topic	Power Point Presentation (PPT)	10 min	Key stressors and stimuli

2.	Outlining key coping areas for effective stress management	-Do-	25 min	<ol style="list-style-type: none"> 1. Physical, Mental and Emotional Life ways(with Mindfulness-Compassion Management Technique) 2. Reflection and learning(with Progressive supplementary Technique) 3. Effective communication(with 3Cs Technique : Clear-Concise-Consistence) 4. Handling unhealthy situations(with CBT : Cognitive Behavioral Therapy) 5. Healthy divine life practices(with 5As Empathy Technique : Avoid-Alter-Adapt-Accept-Active)
3.	Financial Resilience: Addressing Financial Stress	Power Point Presentation and Audio/Visual applications	30 min	Basic concept, Coping strategy and Problem-solving methods including emotion-processing strategies
4.	Assessing stress mitigation level	Paper based approach	10 min	Psychometric test instrument to self-assess present stress mitigation levels(with Perceived Stress Scale)
5.	Therapeutic intervention	Participatory approach	25 min	Hands-on approach through in-house practical exercises and Audio/Visual applications
6.	Post training evaluation	Efficiency enhancing edutainment session (Audio/Visual Aids)	15 min	Assessing stress mitigation level post learning coping techniques
7.	Feedback collection	Paper based approach	5min	Knowing the effectiveness of the program and suggestions, if any