

STRESS MANAGEMENT WORKSHOP

A session on how to manage stress during the exam time, was organized for the students residing at Vigyan Vikas Kendra on 15.02.2020. These students belong to naxal affected areas of the state. Speaking on this occasion, Prof. R. N. Singh, the Principal of the college, told the students about the importance of discipline and regularity of daily routine and light exercise during the day.

Dr. Prashant Shrivastava told the students about not to go on reading till entering the exam hall. He mentioned about scientific research regarding memory and emphasized on practice by writing. Dr. Hina Mullick and Col. Dhiraj Mullick advised the students about taking proper diet, having enough sleep and doing relaxation and meditation. Dr. Mullick emphasized on drinking enough quantity of water every day. Dr. Suchitra Sharma told that the students should be in a relaxed state while studying, as tension and anxiety adversely affect their concentration and memorizing capacity. Dr. S. D. Deshmukh told a practical tip that the students should take ten deep breaths through the left nostril, this will help them reduce their stress level. Around 100 students attended the session. The officer-in-charge of Vigyan Vikas Kendra, Smt. Urmila Ojha thanked the team members and requested them to visit Vigyan Vikas Kendra time to time and guide the students.







Vigyan Vikas Kendra Officer –in- Charge Smt. Urmila Ojha thanked the team after the session.