



GARGI COLLEGE UNIVERSITY OF DELHI



(Accredited Grade 'A' by NAAC)
In Collaboration with ICT Academy
is organizing

3-DAY FACULTY DEVELOPMENT PROGRAMME ON STRESS MANAGEMENT



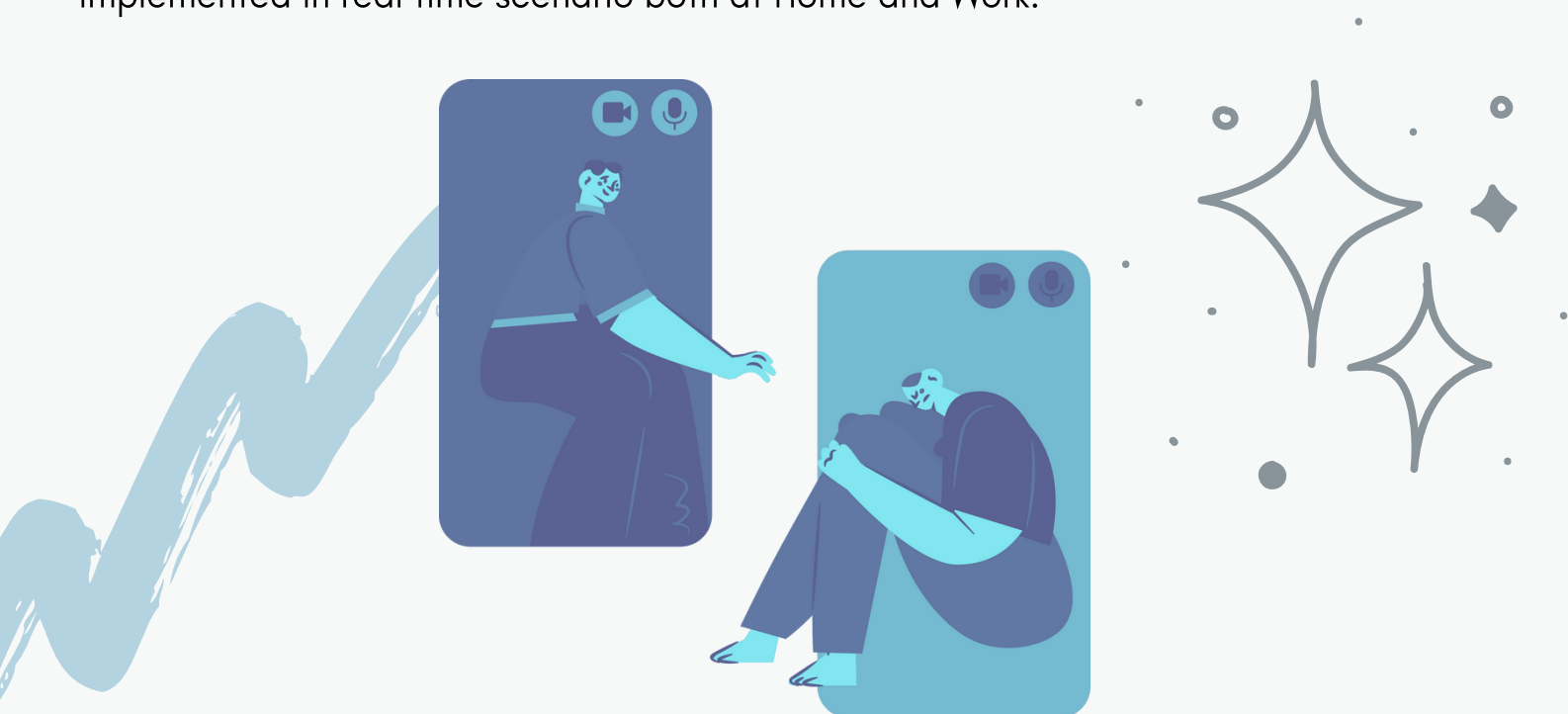
20-22 JUNE, 2022
TIME: 10 AM – 4 PM
VENUE: SEMINAR HALL, GARGI COLLEGE

COURSE OVERVIEW

Stress is the body's response to a perceived threat - increased heart rate, breathing rate, muscle tension and blood pressure. These changes in the body are designed to give us additional energy in a crisis, but in response to long-term stressors, they can cause health problems and decrease our ability to cope effectively. When you feel stressed, it's important to take time to relax and allow your body's heart, muscle and lung function to return to normal.

Not all stress is bad. Positive stress - for example, taking a difficult new class allows us to engage with meaningful challenges and offset boredom. It can involve using the energy produced by stress to be productive and grow as a person. Negative stress is the chronic feeling of being overwhelmed, oppressed, and behind in your tasks, with little opening for relief. Your perception is key to determining which category a stressful situation falls under. What is perceived as negative stress for one person may be perceived as positive stress for another.

Stress is something people take very lightly when it is a serious condition that needs addressing. 5 Days of work and 2 Days of Weekend is planned to avoid stress but whether it is followed is a moot point. This program will make all participants become stress free during the training and also equips participants with the right tools to be implemented in real time scenario both at Home and Work.



COURSE OUTLINE

The contents of this course are designed to support the course objectives. The following focus areas are included in this course:

1. Stress the Basics
2. Types of Stress
3. Identifying Stress
4. Building a Stress-free life Cycle
5. Skills of an effective Stress Manager
6. Stress Management Tool Kit
7. Acceptance & Expectation

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**Stress should be a powerful driving force,
not an obstacle. —Bill Phillips**

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COURSE OUTCOMES

Upon successful completion of the course, participants should be able to:

1. Learn to identify stress in self and others
2. Learn to build a balanced lifestyle
3. Understand how to build a stress-free environment
4. Know the importance of acceptance and reducing expectation
5. Equip self with tools to fight stress



ABOUT THE COLLEGE



Gargi College was established in the year 1967 and is a leading South Campus college of the University of Delhi. It is a college for women and offers education in Arts and Humanities, Commerce, Science and Education.

Gargi College was named after an enlightened woman named Gargi, figuring in the Brihadaranyaka Upanishada of the Vedic Age. She emerges as an intelligent and bold person embodying the spirit of inquiry juxtaposed with faith as is shown by her penetrating and challenging questions to the great sage Yajnavalkya. In the Upanishad Gargi seems to represent the intellectual potential of the race of Homo sapiens, which continues to manifest itself, in quest of ever-widening fields of knowledge.

Gargi believes in its mission statement that every student who passes through the portals of the college emerges as a wholly developed individual symbolizing the spirit of enterprise and inquiry that characterizes Gargi.

Gargi College, one of the two colleges in Delhi to have been awarded the prestigious College with a Potential for Excellence grant, by the University Grants Commission in the year 2004-2005, was chosen because of its holistic approach towards teaching and its excellent track record in academic and other aspects of college functioning. Nine departments namely Botany, Chemistry, Commerce, Elementary Education, Microbiology, Physics, Psychology, Zoology and the Women's Development Centre are currently engaged in innovation and experimentation in the undergraduate programme, using modern methods of learning and evaluation. This award is in recognition of the endeavour of the college to engage in advanced research and socially purposeful projects over and above the regular college events.



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