

GARGI COLLEGE
UNIVERSITY OF DELHI

Report for FDP on Stress Management

Resource Person: Mr. Sunil Borah

Date: 20-22 June, 2022

Time: 10 AM – 4 PM

Venue: Seminar Hall, Gargi College, University of Delhi

Patron: Prof. Promila Kumar, Principal, Gargi College

ICT Relationship Manager: Ms. Sailaja Modem, Associate Professor and IQAC Coordinator, Gargi College

Convenor: Dr. Preeti Pant, Associate Professor, Gargi College

Co-Convenors: Dr. Shivani Tyagi, Assistant Professor, Department of Zoology and Dr. Varun Bhandari, Assistant Professor, Department of Commerce, Gargi College

Participants: Faculties from Delhi NCR

Three day Faculty Development Programme (FDP) was organized by Gargi College, University of Delhi in collaboration with ICT Academy from 20-22 June, 2022. There were 30 participants from Gargi College, SGND Khalsa College, DCAC College, Janki Devi Memorial College, Amity University, Maharaja Surajmal Institute, etc. who attended the FDP.

The workshop started at 10:00 AM on 20th June, 2022 with the welcome of all dignitaries and participants. This program was a part of Gargi College IQAC initiative to promote mental health and well-being and improve effectiveness of the teaching faculty.

Dr Preeti Pant, the Convener started the program with a shlok and welcomed all the participants. Dr Manju Sahai, senior faculty extended her best wishes to the program and highlighted the significance of the theme of the FDP. Mr Abhinandan Pandey, Head, Northern Region, ICT Academy shared the initiatives of ICT Academy.

The resource person, Mr. Sunil Borah, started with an introduction to the concept of stress and anxiety in our daily lives. The thought provoking sessions emphasised the need for a change in our mental sets to cope with daily stressors in everyday life. Mr. Borah had discussed the

following points during the 3 day FDP: Introduction of Stress, Types of Stresses, Symptoms of Stress, Factors Responsible for Stress, Techniques to Overcome Stress, Management of Stress, and Stress Relieving Activities. The program was concluded by submission of online feedback to ICT Academy and a handwritten one to the resource person.

In the afternoon session of the last day of FDP several faculty participants from different colleges shared their thoughts on the program which was chaired by Prof Promila Kumar, Gargi College. Prof. Kumar applauded the efforts of the organising team and the resource person in promoting management of stress in all faculties, and ensuring a positive teaching learning environment in the college. Dr. Shivani Tyagi delivered a vote of thanks at the end.



GARGI COLLEGE
UNIVERSITY OF DELHI
(Accredited Grade 'A' by NAAC)



In collaboration with ICT Academy
is organising

3 DAY FACULTY DEVELOPMENT PROGRAMME

on

STRESS MANAGEMENT



20-22 JUNE, 2022

Open for all faculties in Delhi-NCR Region

Time: 10 am - 4 pm

Venue: Seminar Hall, Gargi College

₹500 towards working lunch & refreshments

Batch Size: 40-50

[CLICK HERE TO REGISTER](#) 

Contact: Ms. Sailaja Modem
98105 50881



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UNIVERSITY OF DELHI**



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**3-DAY FACULTY DEVELOPMENT PROGRAMME
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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

“

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

”



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 GARGI 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.



ORGANISING BOARD

PATRON

Prof. Promila Kumar
Principal, Gargi College
University of Delhi

ICT RELATIONSHIP MANAGER/IQAC COORDINATOR

Ms. Sailaja Modem
Associate Professor, Gargi
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Dr. Preeti Pant
Associate Professor, Gargi
College, University of Delhi

CO-CONVENORS

Dr. Shivani Tyagi
Dr. Varun Bhandari
Assistant Professor, Gargi
College, University of Delhi


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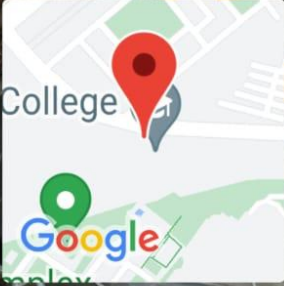
Dr. Madhu Yashpal
Assistant Professor, Gargi
College, University of Delhi











New Delhi, Delhi, India

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Long 77.21888°

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