



# PANCHAKOT MAHAVIDYALAYA

Sarabari, Neturia, Purulia, West Bengal

Presents

## A FIVE DAYS FACULTY DEVELOPMENT PROGRAM 2019-2020

on

## STRESS MANAGEMENT

(FROM 6<sup>TH</sup> JANUARY 2020 TO 10<sup>TH</sup> JANUARY 2020)

### :: Organizing Committee ::

Patrons : Dr. Saptarshi Chakraborty, Principal,  
Panchakot Mahavidyalaya

Members – Prof. Joydev Panda, Prof. Sandip kr.  
Maiti & Mr. Subrata Chatterjee

REGISTRATION forms are available on the  
college office.

\*\* THERE IS NO REGISTRATION FEE \*\*

**ANY QUERIES PLEASE FEEL FREE TO ASK  
COURSE COORDINATOR PROF. JOYDEV PANDA  
OR CONTACT 7278601607**

### :: Course Overview ::

This course is designed for faculties who feel overloaded at college. This course is made for faculties who want a break from their college routine and learn few techniques which will help them perform better in their house and at work. This course is for faculties who are open to challenges and want to learn by doing. This course is developed to reduce stress by doing activities and install stress reduction techniques which can be used at work after the training program.

### :: Course Objective ::

On successful completion of the course, participants should be able to

- To make participants understand how stress works and to help them develop sustainable behaviors to overcome stress.
- To help participants develop a balanced lifestyle to combat stress in the long term.
- To make participants completely stress free at the end of the program.

### :: Course Outcome ::

- Reduced stress and relaxed mind at the end of the program.
- Increased awareness regarding the Importance of daily management of stress
- Take away new techniques and tips to deal with any stressful situation in the future.

### Program Schedule : -

11:30am – 01:00pm Morning session

01:00pm – 02:00pm Lunch break

02:00pm – 03:30pm Afternoon session

Day-1 (06.01.2020)

Topic: Introduction to stress management :  
Causes of stress , Signs of stress & Effects of stress.

Speaker : Dr. Tajuddin Ahmed, Associate  
Professor, Dept. of English, Aliah University

Day-2 (07.01.2020)

Topic: Techniques of stress management & Time  
management and anger management

Speaker : Dr. Pradipta Banerjee, Professor, Dept.  
of Commerce, Sidho Kanho Birsha University

Day-3 (08.01.2020)

Topic: Understanding stress inducing factors and  
overcoming the psychological challenges of stress  
at individual and organizational level Innovative  
Teaching

Speaker : Dr. Arpita Das, Assistant Prof., Dept. Of  
Bengali, J.K. College

Day-4 (09.01.2020)

Topic: Individual and organizational approaches  
to manage stress

Speaker – Dr. Saptarshi Chakraborty, Principal,  
Panchakot Mahavidyalaya

Day-5 (10.01.2020)

Topic: Managing work-life balance  
Speaker : Dr. Madan Ghoshal, Principal, Sanka  
Govt. Primary Teachers Training Institute.