



Swami Swatantranand Memorial College, Dinanagar

A Multi Faculty, Post Graduate Co-Educational Institution

(Accredited with 'A' Grade by NAAC /Affiliated to Guru Nanak Dev University, Amritsar)

Report on

*Webinar on 'Stress Management
Techniques: Dealing with Anxiety'*

20th December, 2021

*Organized by:
Department of Psychology*

2021-22

Website: www.ssmddinanagar.org

Email: ssmdnn@yahoo.com

Webinar on ‘Stress Management Techniques: Dealing with Anxiety’

(20-12-2021)

A Webinar on the topic “**Stress Management Techniques-Dealing with Anxiety**” was organized by Psychology Department. Dr. Harjot Kaur, Prof. and Head of Department of Psychology, DAV University Jalandhar, was Chief Guest of the event. The webinar took place **on 20th December 2021 at 2:30pm at Zoom Platform**. The aim of the seminar was to provide Key inputs to enhance our self-confidence.

Outcome:

- The Webinar mainly aimed to relieve the stress and to have a healthy life style.

Brochure



Swami Swatantranand Memorial College, Dinanagar
Gurdaspur, Punjab, India
Affiliated to Guru Nanak Dev University, Amritsar
Department of Psychology
Organizes a National Webinar
On
“Stress Management Techniques-Dealing with Anxiety”
On 20th December, 2021 at 2:30 pm



PSYCHOLOGY
grow your soul

Coordinating Committee

- Dr. Harinder Kaur (Asst. Prof)
- Dr. Vishal (Asst. Prof)
- Dr. Sunny (Asst. Prof)
- Mr. Amit Kumar (Asst. Prof)
- Dr. Ritika (Asst. Prof)
- Mr. Ramnik Tuli (Asst. Prof)
- Ms. Shinder Kaur (Asst. Prof)



PATRON
Dr. R.K. Tuli
Principal
SSM College



RESOURCE PERSON
Dr. Harjot Kaur
Assistant Professor,
Department of Psychology,
DAV University, Jalandhar



CONVENER
Prof. Riya Thakur
Assistant Professor,
Department of Psychology

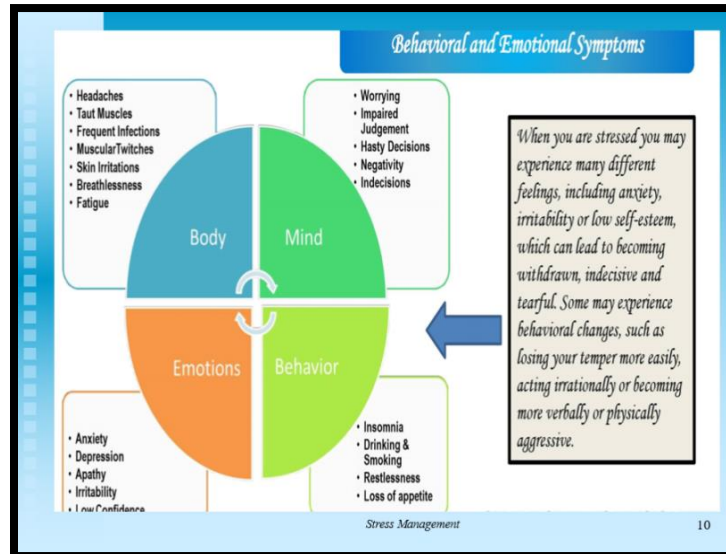
Advisory Committee

- Prof. Sushma
- Prof. Arti
- Prof. Balwinder Kaur
- Prof. Ramanjeet Kaur
- Prof. Amarpreet Kaur
- Prof. Deepika
- Prof. Kawaljeet Kaur

For Enquiry Contact to: Prof. Riya Thakur, Contact No. 7986990632
Registration Link:
<https://forms.gle/xiMmsvoijYtL7X497>
Live stream on Zoom

Note: E-Certificate will be provided to all participants.

PPT Presented by Dr. Harjot Kaur

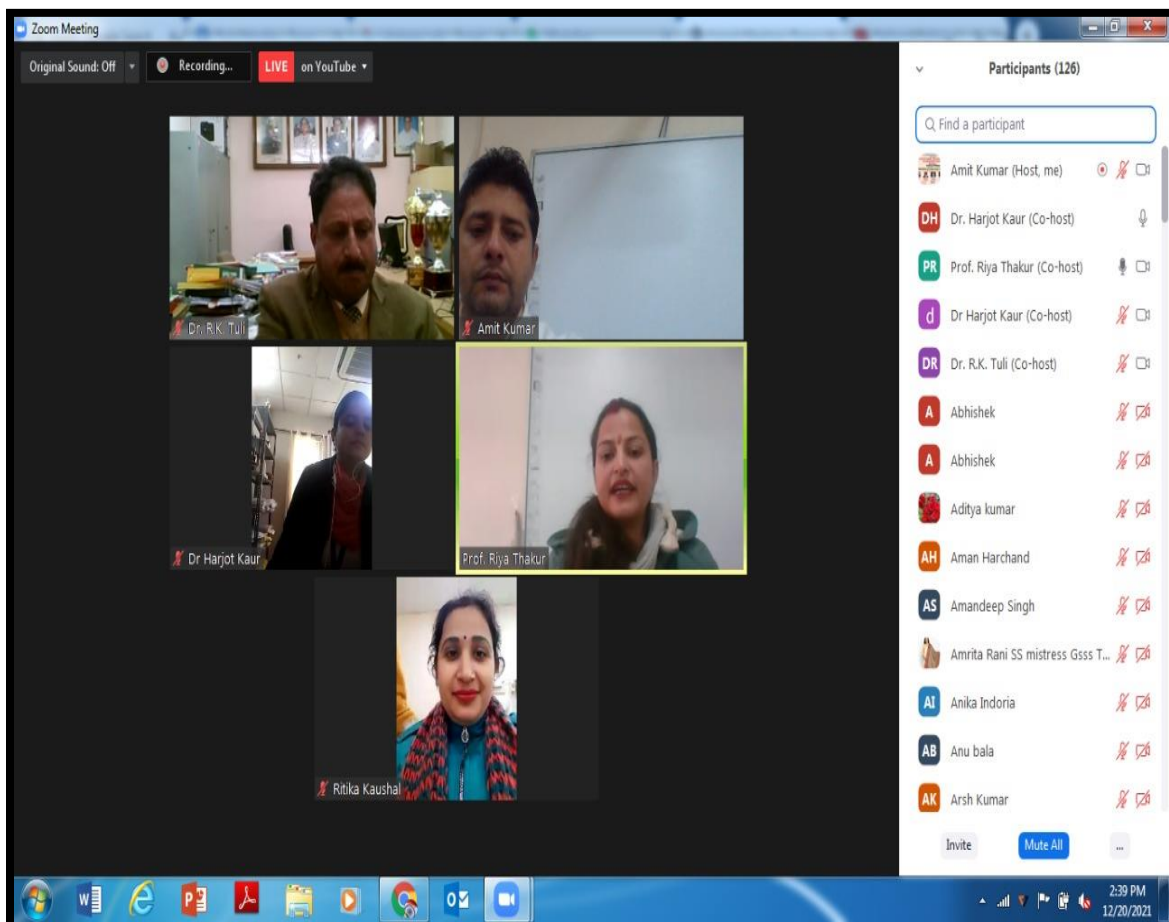


Stages of the Stress Response

General Adaptation Syndrome of Hans Selye (1907-1982)

- **Alarm**—when one feels threatened
 - ◆ Activation of the fight or flight reaction
- **Resistance**—mobilization of resources to solve the problem
 - ◆ Continued stress causes adaptation
- **Exhaustion**
 - ◆ Adaptation fails and level of function decreases

Ms. Riya delivering Vote of thanks



12-2024/4 Attendance sheet for one day webinar on Stress Management Techniques-dealing with Anxiety,

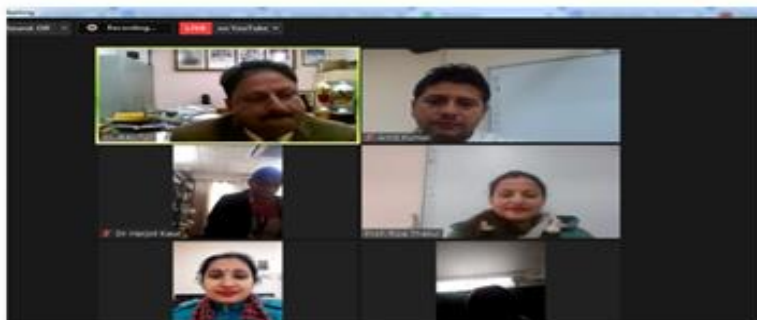
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एसएसएम कॉलेज में मनोविज्ञान विभाग द्वारा राष्ट्रीय वेबीनार का आयोजन किया गया

रजिंदर सैनी

दीनानगर 2 जनवरी। एसएसएम कॉलेज दीनानगर में प्रिंसिपल डॉ. आरके तुली की अध्यक्षता में मनोविज्ञान विभाग द्वारा स्ट्रेस मैनेजमेंट डीलिंग विद एवगजायटी विषय पर राष्ट्रीय वेबीनार का आयोजन किया गया। जिसमें स्रोत वक्ता के रूप में डीएवी यूनिवर्सिटी जालंधर के मनोविज्ञान विभागाध्यक्ष के डॉ. हरजोत कौर शामिल हुए। सर्वप्रथम प्रिंसिपल डॉ. तुली ने मुख्यवक्ता का स्वागत किया। इस के उपरांत प्रो. रिया ने वेबीनार की रूपरेखा से अवगत कराया। इस मौके पर मुख्य वक्ता डॉ. हरजोत कौर ने अपने वक्तव्य में तनाव का भावार्थ बताते हुए कहा कि मन का सुकेचन ही तनाव को जन्म देता है। जिससे हमारी प्रतिरक्षा प्रणाली पर दबाव बढ़ता है, और अवसाद, किसी भी प्रकार का दर्द और नींद संबंधी समस्याएं पैदा हो होती हैं। उन्होंने कहा कि व्यायाम, समय प्रबंधन, ध्यान

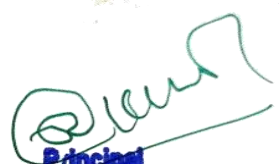


लगाना, योगाभ्यास, संतुलित आहार की सहायता से तनाव से मुक्ति पाई जा सकती है। उन्होंने विश्राम, लचीलापन, साधन पर भी विस्तार से जानकारी मुहैया करवाई। अंत में प्रो. रिया ने सभी का धन्यवाद किया। इस अवसर पर प्रो. सुषमा, प्रो. आरती, प्रो. बलविंदर कौर, प्रो. रमनजीत कौर, प्रो. अमरप्रीत, प्रो. दीपिका व प्रो. कंचनजीत कौर उपस्थित थे।

YouTube Link of the Webinar

https://www.youtube.com/watch?v=nsS6MAx_CAM




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