



SANTOSH

Deemed to be University
(Established u/s 3 of the UGC Act, 1956)

DEPARTMENT OF CLINICAL PSYCHOLOGY

SANTOSH MEDICAL COLLEGE, HOSPITAL. No. 1 AMBEDKAR ROAD GZB, UP.

STRESS MANAGEMENT WORKSHOP REPORT

Above workshop was conducted on 19/7/2021 at Maharaja Hall between 1 Pm to 4 Pm.

The said work workshop was attended by 31 people comprising of of MBBS students of batch 2018-19, PhD scholars of the department of clinical psychology and workshop was inaugurated by the Vice chancellor (Dr. Tripta Bhagat) Santosh Deemed to be University,

The session of the workshop was devoted to 3 sessions.

1st session – It was on, “what is stress? & how to manage stress?” The related practical exercises were also given to the participants to check their level of motivation, self-confidence, self-esteem and emotional intelligence, which help in coping with stress by DR. RANI SRIVASTAVA.

2ND Session- it was conducted by senior PhD scholar **NIHARIKA ARORA**, under the title of role of **physical Exercise and recreation in the management of stress. Followed by psychophysiological correlates of stress** by new PhD scholar **Mr VIQAR ALAM**

3RD Session– was related to the discussion of **Relevance the Diet and Nutrition for the Management of Stress, by another PhD Scholar-Peter Anoop**

Programme was ended with the positive comments of the concerned students & other participants.

DR. Rani Srivastava

Professor & Head department of Clinical

Psychology SMCH GZB. UP

SANTOSH
 HIGHER EDUCATION
 Department of Clinical Psychology

Stress Management Workshop for MBBS Batch (2018-2019)

07th July 2021 (Sat) 10:30 AM
 Time: 08:30 pm to 11:00 pm
 Venue: Main Hall, Ground Floor
 Santosh Medical College, Pimpri Chinchwad - Maharashtra

Dr. Rajat Singh
 Assistant Professor, Department of Clinical Psychology

Dr. Anjali Singh
 Assistant Professor, Department of Clinical Psychology

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 Assistant Professor, Department of Clinical Psychology

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 Assistant Professor, Department of Clinical Psychology



