

Title: Time Management and Stress Management

Date: 03-03-2021

Time: 12. 00p.m-1.30 p.m.

Objective: It is known to all of us that the present generation of students face maximum stress in their personal lives due to high expectations from their parents and teachers. Deadlines for submission of assignments, expectation of excellent performance in exams, a high profile and a well-paid job are some of the stress faced by the student community. This may contribute to serious health problems such as heart disease, high blood pressure, diabetes including mental disorders such as depression and anxiety. Extreme stress may also lead to dropouts from colleges and suicidal tendencies among the students. This may result in serious physical and mental health issues of the students who are the future of a nation. However, such stress can be treated through counselling and guidance. The best way to guide them is through a motivational programme on Stress Management through a dedicated, experienced life coach and a motivational speaker. Hence, the college organized the programme for the students.

Resource Person: Sri Sudarchana Gaurachandra Dasa



Fig.1: Resource Person- Sri. Sudarshana Gaurachandra Dasa adressing the students and Teachers

A One-day Motivational Programme on Stress Management was organized by IQAC, Dispur Law College in their premises at Dharamananda Das Avenue, Last gate, Dispur, Guwahati-06. The programme was organised on 3rd March 2021 for the student community of the college. The meeting was presided by Dr. Gargi Dutta Paul, Principal of the college who delivered the Welcome Address. The other fraternity of the college also attended the programme. Sri Sudarshana Gaurachandra Dasa, Director, ISKON Youth Care Centre from ISKON Temple, Ulubari, Guwahati, Assam was invited as the resource person. Sri Dasa is a dedicated life coach and motivational speaker serving as a monk at International Society for Krishna Consciousness (ISKCON) with experience of counselling the youth. Dispur Law College happened to be the first law college in Guwahati to organize a session on Stress Management under his mentorship. Through this programme, the students learnt the causes of their stress, the varieties of stress experienced by them and the ways or techniques to handle their stress. The importance of meditation and time management was also discussed in the interactive session as a simple and easy method of handling stress. The programme was attended by 74 students. Dr. Swapna Manindranth Deka, IQAC, Co-ordinator, Dispur Law College, delivered vote of thanks.



Fig.2: The resource person sharing his experiences and remedies to eliminate stress from human lives.



Fig-3: Interactive session between the students and Teachers with the resource person.

Apart from student community, the faculties, the library staff and the office staff of the college attended the session. They were also guided by the resource person to handle and manage stress in their professional and personal lives.

Authenticated by:

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