

JANKI DEVI MEMORIAL COLLEGE

University of Delhi



NATIONAL CADET CORPS- 5DGBN

JANKI DEVI MEMORIAL COLLEGE

The Counselling Committee organises a special workshop for NCC Cadets on **'STRESS MANAGEMENT'**

KEY TAKEAWAYS:

- Understand what is Stress
- Doable Tips on Stress Management
- Q & A

19th Sept
03:00 p.m.
-04:30 p.m.

Janki Devi Memorial College, NCC- 5DGBN organised a webinar under the guidance of Principal, Professor Swati Pal and CTO Debahuti Brahmachari (Assistant Professor Department of Political Science) on "Stress Management." (19th September '20) with more than 70 NCC cadets.



The speaker started with an insight into what stress is. She emphasized on understanding the reasons for stress. After which she talked about what we

can do to handle stress and helplessness. She mentioned techniques for short term and long term stress management. Some techniques were Aromatherapy- this helps relaxing our mind and balancing stress, writing down whatever you feel, having a balanced meal, getting a hug, etc. Participants asked various questions putting forward the situations where they do feel stressed. Questions were on exam anxiety/ stress, emotional imbalance in teenagers and handling peer pressure.

The session was indeed soothing and interactive.

