



RAMA DEVI WOMEN'S UNIVERSITY

Vidya Vihar, Bhubaneswar-751022
OFFICE OF THE DIRECTOR, IQAC

SEMINARS/CONFERENCES/WORKSHOPS/WEBINARS CONDUCTED BY DEPARTMENT OF PHILOSOPHY

1. **Event:** Workshop
2. **Title of the Event :** Workshop on “Stress Management”
3. **Date & Duration:** 22 October 2022 (01 day)
4. **Objective/Motivation of the Event:**

Today's busy lifestyle and hectic schedules are the reason behind many physical, mental and psychological illnesses and this requires immediate awareness. The objective of this workshop jointly organized by the dept. of Philosophy and Counselling and Wellness Centre, RDWU is to create awareness among the students as well as faculties regarding the bad effects of stress and how we can deal with it in our daily lives.

5. Theme of the Event:

- Mental health
- Stress Management
- Harmonious Living

6. Funding Agency: NA

- i. **Funds Received (In Rs.):**

7. Technical Session (Details)

- i. **No. of Technical sessions conducted: 01 (one)**

- ii. **Title of the Technical sessions:**

- Session I: Stress Management

- iii. **Chairperson of the technical session:**

Session Chair: Prof. Chandi Charan Rath, CPGC, RDWU.

8. Resource persons (Details):

Sl. No.	Name	Designation	Affiliation/ Institute	Specialization	Title of the Talk
1	Acharya Sri Arvind Muni	Jain Acharya	NA	Jain Acharya	Stress Management for a harmonious life

9. Participants Details (Indicate Numbers only and attach attendance sheet)

- i. Faculty: 12
- ii. Ph. D. Scholar: 02
- iii. Students: 56
 - a. UG: 40
 - b. PG: 16

10. Outcomes of the Event:

The programme provided an excellent opportunity for students to develop a holistic understanding of mental phenomena and various illnesses that can affect the mental health of an individual. They also learned the importance of a harmonious living.

11. Recommendations (if any):

12. Selected Photographs : Enclosed



Flyer of the Workshop



Sri Arvind Muni with the faculties of RDWU



Sri Arvind Muni with the UG students

Session - 2022-23

2.22/10/22

Dept. of Philosophy in collaboration with the Cent. Dept. of Counselling & Wellness organised a workshop on "Stress Management" in the University Auditorium at 3.30 p.m. Jain, Muni Gaur Acharya Sri Arvind Muni addressed & demonstrated how to manage stress to have a harmonious living. The following members were present.

- 1) Dr. Kalyani Saaengi - K. Saengur.
- 2) Samita Choudhury.
- 3) Anita Sahoo
4. Janya O. Mohapatra.
5. Ankita Sahoo
6. Sarali Nayak
7. Ankita Behera
8. Subhmidya Panda
9. Banida Teelmyi
10. Bhagyashree Behera.
11. ~~A~~ Smritireka Singh
12. Dipanjali Kanbar
13. Liza Saha.
14. Subhshree Phal
15. Rupali Naik
16. Ruchiparna Panda.
17. Subhoshree Naik
18. Vidya Upadhyay
19. Samita Choudhury.
20. Manusmita Mishra
21. Upali Upasana
22. Aditya Tudu
23. Bijayani Sahoo

24. Sushree Maharana
25. Riya Kandi
26. Ujjala Korkara
27. lingam Bhagiyasree
28. Akanshya Mishra
29. A. Labanya
30. Baicakhi Behena
31. Bishaupriya Dalei
32. Diptimayee Behena
33. Diptimayee Rout
34. Gouni nani Biosoi
35. Lopa Nayak
36. Himadri Ghadei
37. Malati Kaban
38. Pratyasha Bhoi
39. Rani Hembnum
40. Ranuma Pradhan
41. Saswati Sahoo
42. Sangita Das
43. Sasmita Behena
44. Sanati Nath
45. Snabani Malu
46. Snehalata Conen
47. Swannalata Banada
48. Tatini Panida
49. Yamuna Kishu
50. Punima Banik
51. Sweetsy Behena
52. Monalisha Sahoo
53. Rupaphula Kumbhan
54. Sangita Das
55. Hanapriya Louda
56. Swannalata Banik