

REPORT
On

**FACULTY DEVELOPMENT PROGRAMME
“STRESS MANAGEMENT”**

3rd November to 8th November, 2022



U.M.K. College, Majuli, Assam
Ratanpur Miri, 785105

SUMMARY

A one week Faculty Development programme on “**Stress Management**” was organized by IQAC, U.M.K. College, in collaboration with ICT Academy (an initiative of Govt. of India and State government) from 3rd November to 8th November, 2022 at college premises. Mr. Sunil Borah, the ICT Trainer and Mr. Samarendra Boruah were the Resource Persons of the programme. Total 33 numbers of Faculties from different colleges of Assam participated in the programme. In this week long faculty development programme, the resource persons discussed about stress, its category, causes and also approaches through which one can overcome from this. Stress is a major constraint to achieve success in any field of life viz. education, playground and workplace. To overcome stress we have to realize the keys to manage stress. After completion of the programme feedbacks were taken from the participants and all the participants were satisfied and suggested to organise more such programmes.

SESSION SUMMARY

Day1: In the sessions of first day of the programme, Mr. Sunil Borah, the resource person, very fluently discussed about stress and physical and mental symptoms of stress. He also talked about the impact of stress on human life.

Day 2: Mr. Samarendra Boruah, the resource person of the sessions of the second day, explained the causes of stress. He talked about the social factors, thoughts and perception of people, environmental factors and psychological factor of stress.

Day3: In the sessions of day, the resource person Mr. Sunil Borah discussed on stress management and referred an important meaning of stress management that stress management is a set of techniques and programmes intended to deal more effectively with stress in their lives by analyzing the specific stressor and taking positive action to minimize their effects.

Day4: Mr. Sunil Borah discussed about the categories of stress as acute stress, episodic stress and chronic stress. He also mentioned that stress can create health related problems.

Day 5: In the sessions of fifth day of the programme the resource person Mr. Samarendra Boruah discussed on the various stress management techniques and healthy ways to reduce stress. He mentioned three types of stress management techniques: Acceptance oriented

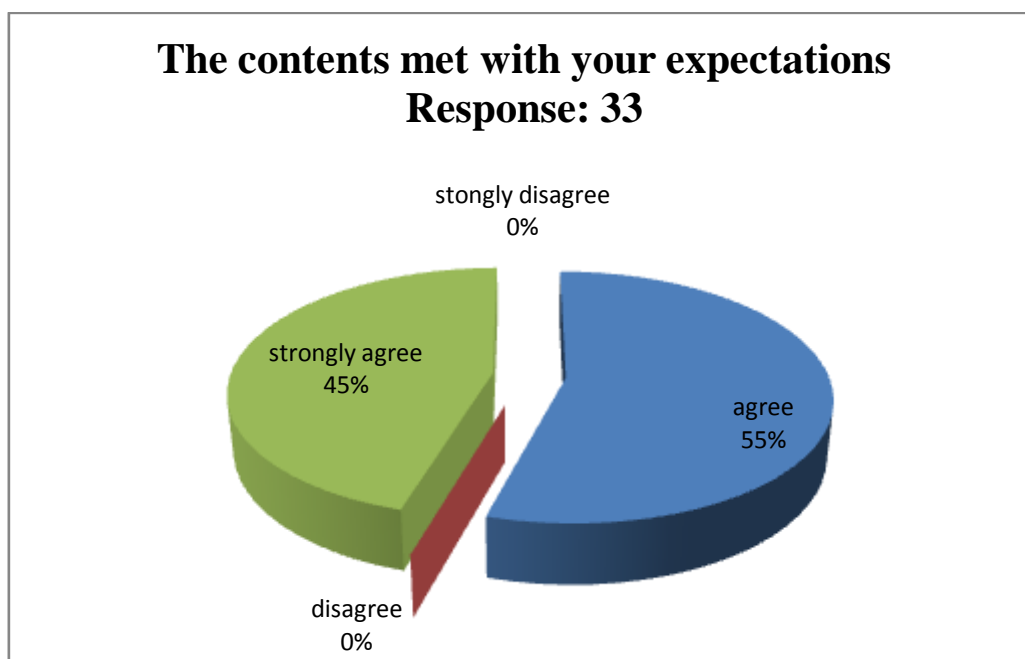
approach, Action oriented approach and Scheduling or time grid approach. All these three approaches were elaborately discussed and analysed by the resource person

Day 6: In the sessions of day sixth, the participants were involved in different activities relating to stress issues. The purpose of this session was to understand and realize how people are suffering from various problems for stress in their day to day life. The resource person Mr. Samarendra Boruah gave an overview of stress management and explained that a healthy diet, getting enough sleep, leisure activities, positive thinking are the best policy to reduce stress.

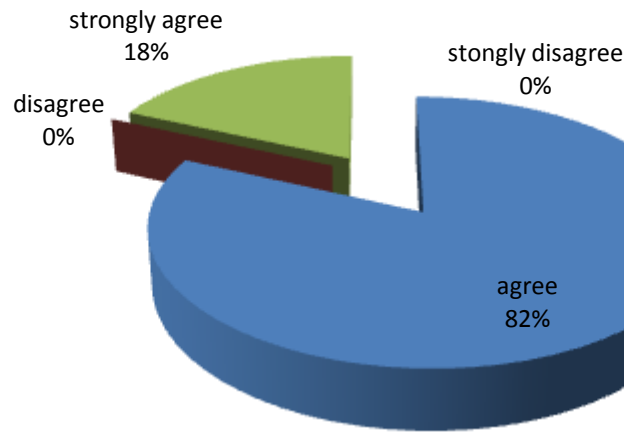
Day 7: Valediction ceremony was held on the last day of the programme. The programme co-ordinator of the FDP Mr. Ajit Khanikar co-ordinate the programme and welcome the Vice-Principal of the college Mr. Vidhan Kumar, Principal of Pub Majuli college Mr. Dipak Borah, Resource persons and the participants. The guests, participants and the resource persons expressed their satisfaction on the programme .

PARTICIPANT'S FEEDBACK

After the programme feedbacks were taken from the participants and all the participants were satisfied and suggested to organise more such programmes. The outcome of the programme is shows that high percentage of participants believe that the programme added to their overall knowledge.



The course exposed you to new knowledge and practices
Responses: 33



ORGANIZING BODY OF THE PROGRAMME

Convenor: Dr. Jahnabee Lahkar Boruah, Principal, U.M.K. College, Majuli

Co-Convenor: ICT Academy, Guwahati, Assam

Programme Co-ordinator: Mr. Ajit Khanikar Associate Professor, Dept. of English, U.M.K. College, Majuli



