



तेजपुर विश्वविद्यालय  
(केंद्रीय विश्वविद्यालय)

नपाम, तेजपुर - 784 028, असम, भारत

TEZPUR UNIVERSITY  
(A Central University)

Napaam, Tezpur - 784 028, Assam, India

(सर्वोत्तम विश्वविद्यालय के लिए कुलाध्यक्ष पुरस्कार, 2016, भारत के 100 श्रेष्ठ उच्च शिक्षण संस्थानों में पंचम स्थान और 'नाक' द्वारा 'ए' ग्रेड प्राप्त विश्वविद्यालय)  
(Awardee of Visitor's Best University Award, 2016, 5<sup>th</sup> among India's Top 100 Universities, MHRD-NIRF Ranking, 2016 and NAAC Accredited with 'A' Grade)

## Stress Management sessions for students

A Workshop on Stress Management for students and employees of the University was conducted by a team from LGB Regional Institute of Mental Health, on the 25<sup>th</sup> of October, 2019.


This team was led by Dr. Kamal Narayan Kalita, Associate Professor, of this prestigious Institute, and dealt with the psychological and psychiatric perspective of Stress generation and mitigation thereof.

At the interaction period following Dr. Kalita's deliberations a number of individual and general queries were dealt with. Such queries threw up a number of issues related to work stress, work-home balance, stress related to working ladies, family issues.

A very positive outcome of this workshop was busting of multiple myths related to Mental Institutes, and people visiting them.

Footfall at this Workshop exceeded sixty, and all interested attendees were invited to visit the LGB Regional Institute of Mental Health at their convenience for complimentary consultation.



  
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