

21/05/2022
20/05/2022

Webinar Report 2022
A NATIONAL WEBINAR ON STRESS MANAGEMENT
On 2nd May, 2022

A national webinar on 'Stress Management' was organized by the Department of Education and stress management cell, Lakhimpur Girls' College in collaboration with Department of Education Amguri college. On 2nd May, 2022. Miss Monikankana Sarmah, currently designated as a clinical psychologist at Wintrobe Multi-specialty hospital, Ambari Guwahati was invited as the resource person of the program. As the program was designed to address stress-related issues of students, although 300 participants registered for the program a few of them were unable to join that due to their network and other technical issues. out of 100 participants, most of them are students, it was our pleasure that many academicians, scholars, and college professors from different backgrounds and different parts of the nation joins the same. The program was officially inaugurated by the honorable principal Dr. Surajit Bhuyan, Lakhimpur Girls' College. Followed by a warm welcome note from Dr. Niharika Duwarah, Head Department of Education, Amguri College, and Mr. Robin Kakati, Head Department of Education, Lakhimpur Girls' College. Right after this welcoming note from all the stakeholders, as per the anchor's request to the speaker to start her part of the program and the program was handed over to the speaker, Miss Monikankana Sarmah. The speaker presented a PPT and precisely presented the topic it last for 1 hour and 30 minutes followed by a question-answer session of around half an hour. The participants directly interacted with the speaker in the Q&A session. The vice-principal of Lakhimpur Girls' College Mr. K.S. Khandatraya added some valuable information to the participants related to the topic. In the end, Mrs. Minakshi Boruah, the convenor of the stress management cell, LGC offered a vote of thanks.

The program was jointly coordinated by Nibedita Sarma, Department of Education, Mr. Babyson Terang, Department of Philosophy, Lakhimpur Girls' College, and Dr. Sahidul Ahmed, Assistant Professor Department of Education, Amguri college. The entire program was anchored by Nibedita Sarma and all the technical aspects related to the program were handled by Mr. Babyson Terang.

The program was successful and participants enjoyed and gave their valuable feedback hoping for a similar program in the future.

Coordinators' Signatures



One Day National Webinar

on

Stress Management

organised by

Department of Education & Stress Management Cell,
Lakhimpur Girls' College

in collaboration with
Department of Education, Amguri College



Monikankana Sarmah

Clinical Psychologist
Wintrobe Multi-speciality
Hospital



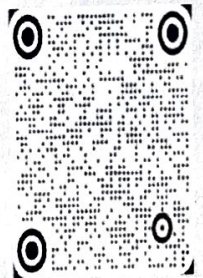
Meeting ID: 878 7172 3694
Passcode: 873781

[Click here to join the Webinar](#)

Date: 2nd May, 2022

Time: 6:30 pm

For registration,
[Click here](#) or
scan the QR Code



Coordinators

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6/05/2022

20/05/2022