



## One Day Webinar on

How to Beat Stress and be Motivated

18<sup>th</sup> June, 2020

*Resource Person*

**Ms. Shanti Pise**

Senior Teaching Assistant  
IISER, Pune

*Organised by*



Department of Chemistry and History

*In collaboration with*

Internal Quality Assurance Cell (IQAC)

Lakhimpur Girls' College  
North Lakhimpur, Assam

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Venue : Zoom Online Meeting Platform  
Time : 11:00 AM  
Lecture Coordinator: Dr. Mridul Buragohain & Mr. Nipon Panging

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Stress is the any type of change that causes physical, emotional, or psychological strain. Stress is our body's response to anything that requires attention or action. Everyone experiences stress to some degree. In the surge of the First Phase Covid-19, when everyone was hopeless and disoriented with life's journey, a One Day Webinar on "How to Beat Stress and be Motivated?" was organised by the Internal Quality Assurance Cell (IQAC) in association with Department of Chemistry and History, Lakhimpur Girls' College on 18<sup>th</sup> June, 2020 at 11:00 AM. Dr. Surajit Bhuyan, Principal, Lakhimpur Girls' College welcomed the Resource Person and all the participants, and he also showered his blessing on the Webinar. Dr. Mridul Buragohain, Lecture Coordinator introduced the Resource person of the day, Ms. Shanti Pise, Senior Teaching Assistant, IISER, Pune. All total 370 participants from across the Nation joined in the webinar.

Ms. Shanti Pise told that to avoid and reduce stress levels, we have to make some adjustments or manage our stress level by doing some relaxing activity. Moreover some stress management tips, ideas will help us as personal instructor or psychiatrist. When we achieve even one goal, the satisfaction we get is enough to keep us moving forward with our other goals. She mentioned following tips and tricks to keep ourself motivated and keep going forward.

- Positive attitude
- Avoid multitasking
- Reward ourself
- Set our goal
- Keep track of our progress
- Give ourself breaks
- Eliminate our distraction
- Organize our task into smaller and manageable parts
- Be with someone who motivates us
- Read and watch motivational stories

A key component to success is self-motivation. Learning this skill is not easy, but it is extremely important. We have to need to find it and make sure that it works for us.

Dr. Bhupen Chutia, the IQAC Coordinator delivered the vote of thanks to the Resource person and all the participants present.

The Webinar has received lots of positive feedback for which the Department of Chemistry and History will always indebted to.

Certificates were also issued to all those who have submitted their feedback form during the stipulated time.



Thank you

Dr. Mridul Buragohain & Mr. Nipon Panging

Joint Lecture Coordinators

18/06/2020  
18/06/20

## WEBINAR SERIES

organised by

**IQAC, Lakhimpur Girls' College**  
Khelmati, Assam, India

In association with

Department of Chemistry and History



### Lecture 2

How to Beat Stress and be Motivated ?

Ms. Shanti Pise  
Senior Teaching Assistant  
USER, Pune

Date: 18 June, 2020  
Time: 11 am

Registration Link:  
<https://forms.gle/G7KT15m3cnuriaP&A>

Visit  
<https://lgtcollege.ac.in>

For more details, contact: Dr. Mridul Buragohain (600697610) Mr. Nipon Panging (9854485426)

Webinar's Brochure