

National Workshop

On

Management of Academic Stress

23 January 2018



Organized by

Psychology Department &
Internal Quality Assurance Cell

Sri Tikaram Kanya Mahavidyalaya, Aligarh
(Affiliated to Dr. B.R.A. University, Agra)

Sponsored by

Hindu Girls' Education Society, Aligarh

About The Workshop:

Stress is an inevitable part of life. Both the academic scholars/teachers and students endure academic stress. It includes student's interpretation of the present demands challenges and threats in the academic environment in relation to available personal resources for coping with as well as teachers' endeavor to cater the demands and face the challenges and threats of educational fields and obstacles in achieving their optimal academic performance.

The Present workshop provides an opportunity for academicians, research scholars and policy makers to discuss the causes, preventions and remedies of academic stress, which is rampant in the colleges and universities among teachers and students.

Workshop Theme: Management of Academic Stress

Sub -Themes of the workshop

- Academic Stress: Its Challenges and Threats
- The strategies used by academia and students in managing the academic stress.
- Yoga: the most functional Relaxing Technique

About the College:

Sri Tika Ram Kanya Mahavidyalaya was established in 1957 by Hindu Girls' Education Society and affiliated to Dr. B.R. Ambedkar University, Agra. It is a renowned women's College situated in Doab region. It is known as educational light house and landmark serving for women welfare with the motto यत्र नार्यस्तु पूज्यन्ते ,रमन्ते तत्र देवताः “.

About the District

Aligarh is a prominent district of the Northern Indian State Uttar Pradesh. It is 140 km away from national capital New Delhi. The district is considered a hub of higher education with a central university, 6 govt. colleges, 3 Grant-in-aid Colleges and many Self-finance colleges affiliated to Dr.B.R.A.University, Agra. It is internationally famous for Locks and Hardware industry as well as Jains' pilgrimage Mangalayatan Temple.

• Important Dates.

- **Last Date of Registration: 15 January 2018.**
- **Workshop Date: 23 January 2018.**

• Registration Fee:

- Faculty Members: Rs. 500
- Research Scholars: Rs. 250.
- PG Students: Rs. 150
- **Mode of Payment:** May be made through Demand Draft/Cheque / Cash
- In the name of," SEMINAR A/C, Sri Tikaram Kanya Mahavidyalaya, Aligarh"
- Payable at Aligarh.
- E-transfer to Account Number 50205446643, Allahabad Bank, Samad Road Branch, Aligarh.

• On the Spot Registration Fee

- Faculty Members: Rs. 600
- Research Scholars: Rs. 300.
- PG Students: Rs. 200
- *No TA/DA will be paid

Workshop Organizers.

Chief Patron: Management Board

Convenor: Dr. Chandrakanta Agrawal (Principal)

Coordinator: Dr. Rekha Arya. 9412593939
drrekhaarya@gmail.com

Organizing Secretaries:

- Dr. Pratima Srivastava
psrivastava101@gmail.com
- Dr. Poonam Sharama 9837605366
drpoonamsh@rediffmail.co

Co-Organizing Secretaries:

- Dr.Archana Bansal (9719443294)
bansalarchana26@gmail.com
- Dr. Medha Sachdev (9837220949)
medhasachdev3@gmail.com
- Dr. Hemlata Agrawal (9412672066)
hemlataagarwal19@gmail.com
- Dr. Viniti Gupta (9927013880)
vinitigupta@gmail.com
- Dr. Mamta Srivastava9358252060
mamta03.dr@gmail.com
- Dr. Kahkashan 8630796615

Organizing Members:

1. Dr. Kavita Rani
2. Dr. Brij Rani Sharma
3. Dr. Prabha Varshney
4. Dr. Geetika Singh
5. Dr. Manju Sharma
6. Dr. Krishna Bajpai
7. Dr. Lucky Gupta
8. Dr. Sangeeta Kumar
9. Dr. Suman Raghuvanshi.
10. Dr. Shobha Kumar