

Women Development Centre (WDC)
In collaboration with IQAC
SLC (University of Delhi)
Shyam Lal College

Counselling session
On
“The Psychology of stress: Ways and means to manage it”

Women Development Centre (WDC) of Shyam Lal College in collaboration with IQAC organized a Counselling session on “The Psychology of stress: Ways and means to manage it” on 7th April, 2023. Dr. Kushal Kaushik was the resource person for this event. 84 students attended this Counselling session. The Counselling session was introduced by WDC Convenor Prof. Kusha Tiwari who introduced the theme and how it was indeed the need of the hour. She mentioned how the College has been proactive in taking up initiatives that help students tackle stress and be an expert in this important life skill. She mentioned that stress is an integral part of everyone’s life and the ones who learn to manage it, master an important life skill. She stated that the Counselling session was an attempt in the similar direction.

After these introductory remarks, Prof. Rabi Narayan Kar, Principal SLC welcomed the speaker and mentioned the various pioneer initiatives taken by the College in this direction and appreciated the efforts of the WDC in conducting such sessions. He mentioned how such initiatives have been so successful in the past and have helped a large number of SLC students. After this, the resource person Dr. Kushal Kaushik initiated the conversation and gave ample examples of stress management tactics that have made huge differences in the lives of the people. She had an interactive session with the students and also emphasized that students need to be the torch bearers when it comes to spreading awareness about ways to tackle stress.

The students responded positively to the Counselling session and raised their doubts about the same. The event concluded on a successful note.



SLC (University of Delhi)

Shyam Lal College

NAAC A++ & NIRF AIR 68th

WDC

in collaboration with

IQAC

organize a counselling session on

**“The Psychology of Stress: Ways
& Means to Manage it”**



**7 April 2023
12:00 PM**



Seminar Hall

All students and faculty members are invited.

**Prof. Kusha Tiwari
(Convenor, WDC)**

**Prof. Rabi Narayan Kar
(Principal)**