

## **Workshop “Say Bye to Stress”**

WDC in collaboration with WELLO organized a workshop “Say Bye to Stress” on mental wellbeing and dealing with anxiety on 23rd February, 2022. Ms. Anushka Modi, RCI Licensed Clinical Therapist was the resource person for this event. Around 100 students attended this workshop. The workshop was introduced by WDC convenor Prof. Kusha Tiwari who explained the theme and talked about the management of stress. She added that meditation is the key to say bye to Stress. A person who is doing daily meditation has better relations at home and at work place and feels happy throughout the day. Regular practice of meditation also helps in developing emotional maturity and a balanced personality. After these introductory remarks, Prof. Rabi Narayan Kar, Principal SLC welcomed the speaker and emphasized that the college has been taking care of their student’s stress and anxiety. He talked about the importance of talking about mental health and well-being. After this, the resource person Ms. Anushka Modi started with the symptoms of stress. She talked about mental wellbeing and how to deal with the anxiety. She had an interactive session with the students and also emphasized that meditation, yoga, exercise, healthy eating habits are necessary to say bye to stress.

The students responded positively to the workshop and understood the importance of taking care of mental health and well-being.



**SLC** (University of Delhi)  
SHYAM LAL COLLEGE



Organized by  
**Women Development Centre, SLC**  
in collaboration with **Wello**

PRESENTS THE

# SAY BYE TO STRESS WORKSHOP

Learn all about mental wellbeing and dealing with anxiety

Conducted by:



**Anushka Modi**  
RCI Licensed Clinical Therapist  
300+ Sessions Conducted

Time **4 PM**

Date **23<sup>rd</sup> Feb 2022**

Zoom

~~₹1200~~ **Register for FREE**

LINK: [bit.ly/wello-workshop](https://bit.ly/wello-workshop)

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