



GOVERNMENT SCIENCE COLLEGE, CHATRAPUR, GANJAM

INTERNAL QUALITY ASSURANCE CELL (IQAC)

REPORT ON

CHINTAN – A FORUM OF WISDOM

“MY HAPPINESS – MY CAREER”

Stress Management in Daily Life

Date	17 October 2025
Time	12:00 Noon
Organised by	Internal Quality Assurance Cell (IQAC), Government Science College, Chatrapur, Ganjam
Programme	Chintan – A Forum of Wisdom
Theme	My Happiness – My Career: Stress Management in Daily Life
Participation	80 Students and 32 Staff Members (Total: 112 participants)

1. Introduction

The Internal Quality Assurance Cell (IQAC) of Government Science College, Chatrapur, Ganjam organised a motivational and awareness programme under “Chintan – A Forum of Wisdom” on 17 October 2025 at 12:00 Noon. The programme was conducted on the theme “My Happiness – My Career: Stress Management in Daily Life” with the objective of encouraging healthy approaches to stress management, personal well-being and career development among students and staff.

2. Inauguration and Dignitaries

The programme was presided over by Dr. Ajay Kumar Tripathy, Principal, Government Science College, Chatrapur. Sri Satya Narayan Sahoo, O.A.S., delivered the talk as the Chief Guest. Sri Lokanath Mishra, Director, Aruna, attended the programme as Guest of Honour. The presence and participation of the dignitaries added value to the deliberations and motivated the participants.

3. Proceedings of the Programme

The session focused on the relationship between happiness, career and effective management of stress in everyday life. The resource person interacted with the participants and discussed practical aspects of handling stress, maintaining a positive outlook and developing a balanced approach towards personal and professional

responsibilities. The programme also included active participation of the audience through interaction and engagement during the session.

4. Participation

A total of 112 participants attended the programme, comprising 80 students and 32 staff members of the college. The participation of both students and staff facilitated a common platform for reflection and discussion on stress management, happiness and career-related concerns.

5. Outcomes

The programme created awareness about the importance of emotional well-being and healthy stress-management practices in daily life. Participants were encouraged to develop a balanced perspective towards academic/professional responsibilities and personal happiness. The interactive nature of the session helped promote reflection, communication and positive thinking among the participants.

6. Conclusion

The “Chintan – A Forum of Wisdom” programme on “My Happiness – My Career: Stress Management in Daily Life” was successfully conducted by the IQAC of Government Science College, Chatrapur. The programme provided a meaningful platform for students and staff to reflect on stress, happiness and career, and concluded with an emphasis on maintaining balance and a constructive approach to daily life.

Prepared/Submitted by



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Date 18.10.2025

Coordinator, IQAC

Government Science College, Chatrapur

PHOTO DOCUMENTATION



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10/17/2025, 12:44

Photograph 1: Inaugural/ceremonial moment during the programme.



Photograph 2: Students and staff attending the session.



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10/17/2025, 12:47

Photograph 3: Presentation of bouquet to guest during the programme.



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Photograph 4: Dignitaries seated on the dais during the session.



Photograph 5: Interactive session with students and staff.



Photograph 6: Resource person addressing the participants.



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10/17/2025, 12:59

Photograph 7: Address by the Guest of honor during the programme.



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10/17/2025, 12:52

Photograph 8: Audience during programme