



REPORT ON WORKSHOP / AWARENESS PROGRAM ON STRESS MANAGEMENT

Organized by:

Internal Quality Assurance Cell (IQAC), Govt. Science College, Chatrapur, Ganjam

In Collaboration with:

Lions Club of Brahmapur Diamond (Lions International, Dist. 322C4, Zone-II, Region-III)

Date: August 20, 2025 | Venue: Conference Hall, Govt. Science College, Chatrapur

1. Executive Summary

A comprehensive Workshop and Awareness Program on Stress Management was successfully organized on August 20, 2025, at the Conference Hall of Government Science College, Chatrapur. The program was jointly organized by the college's Internal Quality Assurance Cell (IQAC) and the Lions Club of Brahmapur Diamond. The objective of the workshop was to equip students and faculty members with actionable psychological insights, health awareness, and practical coping mechanisms to manage academic and personal stress effectively.

2. Key Resource Persons & Guests

- **Dr. Balunkeswar Sarangi:** DPHO, Ganjam
- **Dr. P. Pasayat:** President, Lions Club
- **Dr. Puspanjali Pahal:** Psychiatrist

3. Participation Summary

Category	Total Count
Faculty & Staff Members	16
Students	97
Total Attendees	113

4. Proceedings of the Workshop

1. Inauguration & Welcome Address: The session commenced with an opening address from the dignitary dais, highlighting the critical importance of addressing mental health, psychological well-being, and stress mitigation in contemporary academic environments.

2. Keynote Presentations:

- **Psychological Insights:** Dr. Puspanjali Pahal (Psychiatrist) delivered an insightful session on identifying early signs of psychological stress, anxiety, and burnout, offering practical cognitive strategies to handle pressure.
- **Public Health Context:** Dr. Balunkeswar Sarangi (DPHO, Ganjam) emphasized health awareness, lifestyle adjustments, and wellness from a community public health perspective.
- **Community Leadership:** Dr. P. Pasayat (President, Lions Club) spoke on the role of social organizations in supporting youth wellness and providing community leadership.

3. Interactive Q&A Session: An interactive session allowed students and staff members to interact directly with the resource persons, discussing real-world academic and personal stress scenarios and practical solutions.

5. Photographic Documentation



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Figure 1 Talk by President Lion's Club



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Figure 2 Talk by Dr Balunkeswar Sarangi



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Figure 3 Psychological counselling to students



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Figure 4 Group Photograph with members of Lion's Club



Figure 5 Participating Students

This workshop successfully fostered mental health awareness among students and faculty, leaving them equipped with practical strategies and community support to navigate academic and personal challenges effectively.

Signature: 
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Signature 
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