



EXTENSION ACTIVITIES 2019-2020

CONVENTION ON STRESS & TIME MANAGEMENT AND SCIENTIFIC TEMPERAMENT

A convention on "Stress & Time Management and Scientific Temperament" was organized by "Baal Manch" at Bachat Bhawan Hall, D.C. office in Shimla on October 20th, 2019.

Objective: The main objective of the convention was to sensitize participants to the factors contributing to stress and equip them with effective strategies for managing it. By emphasizing the importance of time management and scientific temperament, the event aimed to empower individuals to reduce stress levels and improve overall well-being.

The convention featured notable speakers, including Mr. Apoorv Devgan, ADC Shimla as the Chief Guest, Dr. Ravi Chand Sharma, HOD Psychiatry at IGMC as the Guest of Honour, and Ms. Neelam Bali as the Guest Speaker. The speakers addressed various psychological factors that contribute to stress among students, such as peer pressure, parental expectations, and the pressures of examinations. They highlighted the significance of time management techniques, such as goal setting, prioritization, minimizing distractions, and avoiding procrastination and multitasking. These strategies were discussed in detail, emphasizing their positive impact on academic performance and achievement while reducing stress levels.

Outcome: The convention provided a platform for students and teachers from the Psychology Department to actively participate and gain valuable insights. The speakers' presentations and discussions enabled attendees to understand the causes of stress and learn effective strategies for stress reduction. The knowledge acquired during the convention was further shared with other students across the college, spreading awareness about stress and equipping them with the necessary tools to manage it effectively.





*Department of Psychology
St. Bede's College, Shimla*

