



3.2.2: Number of workshops/seminars/conference including programs conducted on Research Methodology, Intellectual Property Rights (IPR) and entrepreneurship (Session: 2019-20)

Report on "Workshops on Workplace Productivity-Impact of Time & Stress Management" held on 9th October, 2019.

In a dynamic world where time constraints and stress have become integral parts of our lives, the Department of Psychology organized a workshop aimed at equipping students with essential skills for navigating these challenges. **Dr. Sonal Kumar**, a renowned consultant from the **University of Pennsylvania, USA**, led the session, providing a fresh perspective on time and stress management within the context of modern psychology. The workshop is convened by **Dr. Abha Singh**, Associate Professor and head of the psychology department.

Dr. Sonal Kumar initiated the workshop by shedding light on the profound connection between time and stress management. In today's fast-paced environment, understanding that effective time utilization directly impacts stress levels is crucial. Attendees gained insights into the intricate relationship between these two factors and their overarching influence on mental well-being.

The workshop moved beyond theoretical discussions to practical strategies applicable in everyday life. Dr. Kumar shared a repertoire of techniques, emphasizing the importance of personalized approaches to time management. The highlight of the workshop was a profound shift in perspective. Dr. Kumar challenged attendees to view stress not as an obstacle but as an opportunity for personal growth. Drawing from positive psychology principles, the workshop instilled a mindset that reframes stress as a catalyst for positive change.

In conclusion, the "Workshops on Workplace Productivity-Impact of Time & Stress Management" workshop delivered a transformative experience. Dr. Sonal Kumar's insights and the practical nature of the workshop provided students with actionable tools for managing their time and stress effectively. The workshop not only addressed immediate concerns but also instilled a mindset that fosters continuous personal development. The success of this event speaks to the importance of integrating practical life skills into academic pursuits, preparing students for the complexities of the real world. The workshop is attended by over 50 students and many faculty members.



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Workshops on Workplace Productivity-Impact of Time & Stress Management

Organized by

Department of Psychology

Resource Person:

Dr. Sonal Kumar

Date: 09.10.2019

Coordinator:

Dr. Abha Singh

Department of Psychology

PPN College, Kanpur

Workshops on Workplace Productivity-Impact of Time & Stress Management on 09.10.2019



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मनोविज्ञान के कई क्षेत्रों की दी जानकारी

कानपुर: पीपीएन डिग्री कॉलेज में शुक्रवार को मनोविज्ञान विभाग की ओर से कार्यशाला आयोजित हुई। इसका विषय- 'समय एवं तनाव प्रबंधन तथा मनोविज्ञान के बदलते परिदृश्य' रखा गया था। यहाँ मुख्य वक्ता पियर्स यूनिवर्सिटी फ्रेकलिन यूएसए से आयी डॉ. सोनल कुमार ने मनोविज्ञान के विभिन्न क्षेत्र-उपभोक्ता मनोविज्ञान, अपराध मनोविज्ञान, फैशन मनोविज्ञान आदि की जानकारी दी। इसके अलावा उन्होंने तनाव व समय प्रबंधन को बेहतर रखने के भी टिप्स दिए। कार्यशाला का उद्घाटन कॉलेज प्राचार्य डॉ. आइजे सिंह, उप प्राचार्य एसपी सिंह ने दीप जलाकर किया। यहाँ विभागाध्यक्ष डॉ. आभा सिंह, डॉ. श्वेता त्रिपाठी, डॉ. रश्मि मिश्रा आदि मौजूद रहीं। (वि.)

Workshops on Workplace Productivity-Impact of Time & Stress Management on 09.10.2019