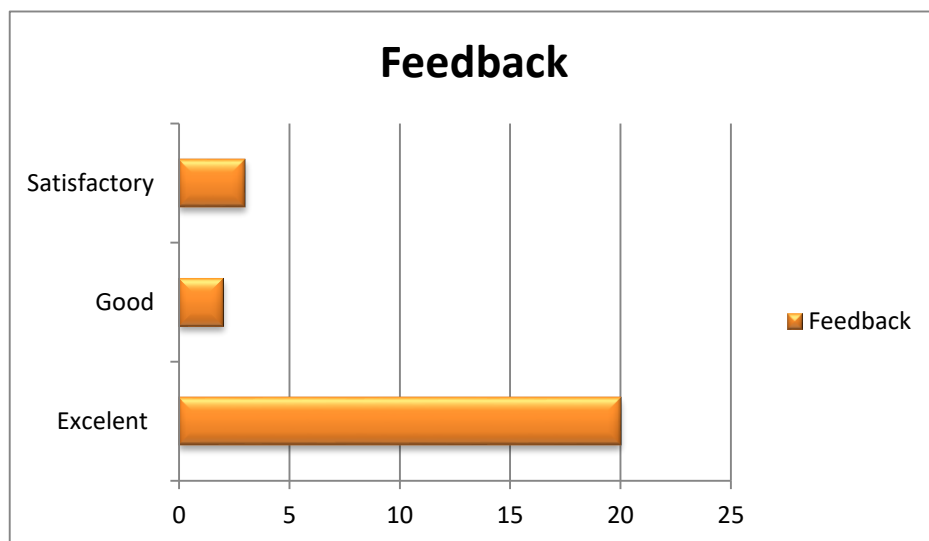


St. Xavier's College, Mahuadanr Latehar-822119, Jharkhand

1. **Title of the Program:** How to Manage Stress
2. **Place:** ICT Room
3. **Organizing Department / Cell:** Department of Economics
4. **Date/Duration:** March 16th, 2024
5. **Resource Person:** Asst. Prof. Rose Alice Barla
6. **Number of Participants:** 25
7. **Objective:** To equip participants with practical techniques and strategies to identify stressors and effectively cope with stress, promoting overall mental well being and enhancing productivity.
8. **Detail Description of the Event:** On March 16th, 2024, the Department of Economics organized a Program focused on **How to Manage Stress**. 25 students from the department of economics participated in the event. The program aimed to provide students with effective strategies to identify and cope with stressors in academic and personal life. Participants engaged in discussions and activities focused on mindfulness, time management and relaxation techniques. Attendee feedback highlighted increased awareness of stress management tools, fostering a more balanced approach to their studies and overall well being.
9. **Outcome:** Participants reported a greater understanding of stress management techniques, leading to improved coping strategies and a noticeable reduction in stress levels in their daily lives.
10. **Feedback:**



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11. Brochure:



St. Xavier's College, Mahuadanr Latehar

Organized by Department of Economics

How to Manage Stress



Resource Person:-

Asst. prof. Rose Alice Barla
Department of Commerce
SXCM

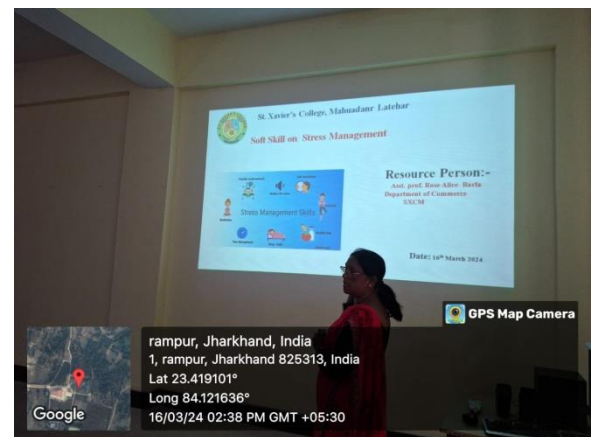
Patron

Dr. Fr. M.K. Jose S.J
Principal

St. Xavier's College Mahuadanr


Date: 16th March 2024

12. Photos:




St. Xavier's College, Mahuadanr Latehar-822119, Jharkhand

2. List of Participants:

 **ST. XAVIER'S COLLEGE MAHUADANR**
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AISHE-C-42763 ISO-9001:2015
Phone: 09508440233 Email: sxcmdanr@gmail.com website: www.sxcm.co.in

**Name of Program : How to Manage Stress
Department of Economics
(List of participants)**

SL. No	Student Name	Signature
1.	AFRIN NISHA	Afrin Nisha
2.	ANISH EKKA	Anish Ekka
3.	ANURI TIGGA	Anuri Tigga
4.	ARMAN HUSSAIN	Arman Hussain
5.	ELIN TOPPO	Elin Toppo
6.	JEEWAN EKKA	Jeevan Ekka
7.	MARKUS BAGE	Markus Bage
8.	NEMHA KUJUR	Nemha Kujur
9.	NIKITA KUMARI	Nikita Kumari
10.	PAULUS BAGE	Paulus Bage
11.	PRITI KUMARI	Priti Kumari
12.	SAJIYA PRAWEEN	Sajiya Praween
13.	SHIKHA GUPTA	Shikha Gupta
14.	SUMIT TOPPO	Sumit Toppo
15.	UMAR ABDULLAH	Umar Abdullallah
16.	ANJLI KUMARI SONI	Anjali Soni
17.	ARPITA JAISWAL	Arpita Jaiswal
18.	JAYDEEP PRASAD	Jaydeep Prasad
19.	KHUSHI KUMARI	Khushi Kumari
20.	MUSKAN KUMARI	Muskan Kumari
21.	SIMRAN MINJ	Simran Minj
22.	AKSHAY ORAON	Akshay Oraon
23.	ANOS KUJUR	Anos Kujur
24.	KOMAL KUMARI	Komal Kumari
25.	SARIYA ARA	Sariya Ara


Principal
Principal
St. Xavier's College
Mahuadanr