

VIDHYASHRAM INSTITUTE OF TEACHER'S TRAINING, JODHPUR

SEMINAR 2022-23

December 10, 2022



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Report

Seminar was organized by Vidhyashram Institute of Teacher's Training organized **Stress Management** in the Seminar Hall of Vidhyashram Institute of Teacher's Training, Jodhpur on December 10, 2022. All students of B.Ed and BA-B.Ed were the beneficiaries of the event.

The Seminar began with the Introduction & Welcome of the guests. **Dr. Hemlata Joshi, HOD, Department of Psychology, Jai Narain Vyas University, Jodhpur** has been the Principal speaker of the event. She told about the types of Stress and took an interactive session with the students. After the Seminar, she took a workshop on How to release stress from Mind & Body.

She also discussed about the psychological effects of different situations in our mind and body. All the students and the members of staff actively participated and were overwhelmed by the deliverance of her ways of explanation.

Dr. Sanjay Kumar Sharma, Principal, VITT, Jodhpur also shared his views on Stress Management and methods of releasing stress from life.

The Event was concluded by Vote of thanks followed by National Anthem.

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