

## Post Graduate Government College for Girls

### Sector 42, Chandigarh


As part of students' overall personality development and soft skills training an interactive workshop was organized by Personality Development Club of PGGCG 42, Chandigarh on 10<sup>th</sup> February 2024. It comprised of a series of three extension lectures conducted by Dr. Nayanika Singh, Assistant Professor in Psychology, Mahatma Gandhi State Institute of Public Adm., MGSIPA. She is not only a psychologist but has also conducted over 500 behavioral training sessions and several webinars with multifarious groups of academicians, leaders and bureaucrats.

The lectures were informative and attempted to address the widespread problem of stress as well as provide solutions that can be used to manage stress in a practical manner. The lecture covered three main topics:

1. Managing Stress through Mindfulness
2. Stress busting techniques and methods: Practice approach
3. Role of Diet & Nutrition to Manage Stress in Daily Life

The first part of the session consisted of an in-depth examination of mindfulness as a useful method for the management of stress. The importance of mindfulness in nurturing mental clarity, emotional control, and general well-being was brought to light. The second session focused on stress-relieving strategies and approaches that are easily applicable to everyday life and can be incorporated into daily routine. The lecture's last session addressed how nutrition and food affect stress management. Dr. Nayanika Singh emphasized the correlation between food choices and stress levels, underscoring the need of a well-balanced diet in promoting mental and emotional well-being. Practical tips on how dietary practices, such as limiting excessive consumption of coffee and sugar, might have a beneficial impact on stress levels were discussed with students. Each session ended with a question and answer interface, also allowing students to get personalized advice and share their thoughts and experiences.

Principal Prof. Nisha Aggarwal praised the efforts of the club in ensuring the overall mental and psychological growth of the students and stated that these lectures and workshops should be a regular feature. She congratulated Dr Nayanika on the successful conduction of the workshop. The workshop was an overall success and about 87 students participated enthusiastically in it.

  
Principal  
PG Govt. College for Girls  
Sector-42, Chandigarh



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Post Graduate Government College for Girls  
Sector 42, Chandigarh

Personality Development Club  
Extension Lecture On Managing Stress Through Mindfulness  
On  
10<sup>th</sup> February, 2024  
Resource Person: Dr. Navanika Singh,  
Assistant Professor in Psychology,  
Mahatma Gandhi State Institute of Public Adm. (MGSIPA)

Venue: Conference Room, IT Block  
Time: 1. Managing Stress Through Mindfulness-10.00-11.30 am  
2. Role of Diet to Manage Stress in Daily Life-12.00- 1.30 pm

Convener  
Dr. Pooja Sharma  
Department of English

Committee Members  
Ms. Shikha Fatank  
Dr. Rashmi Kohli  
Dr. Amandeep Kaur ( Eng.)

Patron  
Prof. (Dr.) Nisha Aggarwal  
Principal

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Chandigarh, CH, India

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