

Brief Report on Community Outreach Programme on Stress Management and Career Counselling
14-15 Sept 2018

Centre for Disability Studies and Educational Research, under the aegis of School of Education, Netaji Subhas Open University has conducted two-day Community Outreach Programme on “Stress Management and Career Counselling” on 14th and 15th September, 2018 at Siddhinath Mahavidyalaya, Panskura, Purba Medinipur.

Day-1 (14th September, 2018)

Inaugural and welcome speech was given by Dr. Shyamasree Sur, Teacher–in-Charge, Siddhinath Mahavidyala, Prof.(Dr.) Durga Sankar Bhunia, Ex-PG Secretary, Vidyasagar University was present as Chief Guest on the occasion. Presidential address was delivered by Mr. Nirmal Chandra Maity, President, Siddhinath Mahavidyalaya.

The Programme facilitator namely Dr. Abhedananda Panigrahi, Faculty Consultant, SoE, NSOU has given his presentation. He delivered his topic on Stress Management and his area of discussion were Introduction to Stress, developing therapeutic relationship, Developing sense of self as a creative therapist, Exploration of the stress management methods etc. The presentation was interactive and informative.

Day-2 (15th September, 2018)

Second Day was started with the welcome speech by Dr. Shyamasree Sur, Teacher–in-Charge, Siddhinath Mahavidyala. The workshop facilitator, Dr. Abhedananda Panigrahi, Faculty Consultant, SoE, NSOU was felicitated by Mr. Banabihari Pahari, Ex-Director, Doordarsan. Mr. Gobinda Prasad Kar, Asst. Prof (History), Bajkul Milani Mahavidyalaya focussed on the career related problems of the rural educated youth in his small speech.

Dr. Panigrahi started his interactive workshop on career counseling with self- assessment techniques, self-analysis method, SWOC analysis, HDBI analysis etc.

Participants were 200 (Two hundred) College-students, 10 (Ten) College-teachers, 1(One) High School Teacher and 2 (Two) Primary School teachers were present in the programme. The presentation was interactive and informative. Participants had the benefit of all the sessions of the two day programme. They received participation certificate of the programme. However, they urged for conducting such program again in that college so that they will be aware of such issues and handle the situations more effectively and take career related decision judiciously. The programme ended after the concluding speech delivered by Dr. Shyamasree Sur, Teacher–in-Charge, Siddhinath Mahavidyala.