




NETAJI SUBHAS OPEN UNIVERSITY
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DD-26, Sector - I, Salt Lake, Kolkata - 700064
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Student Webinar
On
"Stress and its Management"
Organized By
Mental Well-Being Committee
Netaji Subhas Open University



Zoom Link: <https://us02web.zoom.us/j/83030927542>

DATE: 14 - 06 - 2025 Platform: Zoom TIME: 3:30 PM - 5:00 PM

WEBINAR REPORT

Total no. of Participants: 107

In today's world, stress and how to cope with it has become a widely discussed topic across the globe. Responding to the needs of the time, Mental Well-being Committee (MWC) of Netaji Subhas Open University (NSOU) organised a webinar for students titled "Stress and Its Management."

The webinar was held on Saturday, June 14, from 3:30 PM to 5:00 PM. Organised by the University's Mental Wellbeing Committee, formed as per UGC, NEP and NAAC guidelines, the session featured Dr. Abhedananda Panigrahi, Coordinator, B.Ed, School of Education as the keynote speaker. The core message of his talk emphasised that regular practice of pranayama and yoga is the most effective way to manage stress.

Smt. Anindita Sarkar, Assistant Professor of English Language Teaching, served as the moderator of the event. The welcome address was delivered by Dr. Papiya Upadhyay, Assistant Professor at the School of Education & Convener, MWC. Held on the Zoom platform, the webinar witnessed active participation from students, making the event engaging and meaningful.

In her opening remarks, Dr. Sudeshna Chatterjee Biswas, Joint Registrar (Academic) and Director, Study Centre (Addl. Charge), thanked the organisers for arranging this first-ever webinar by the Mental Wellbeing Committee. According to her, one of the major causes of stress is the burden of expectations—from oneself, from family, and from society. She emphasised that prolonged stress can lead to serious physical health issues like heart disease. Hence, she advised everyone to live openly and positively by keeping the channels of communication clear. She also mentioned that students of the University can seek help from the Mental Wellbeing Committee if needed.

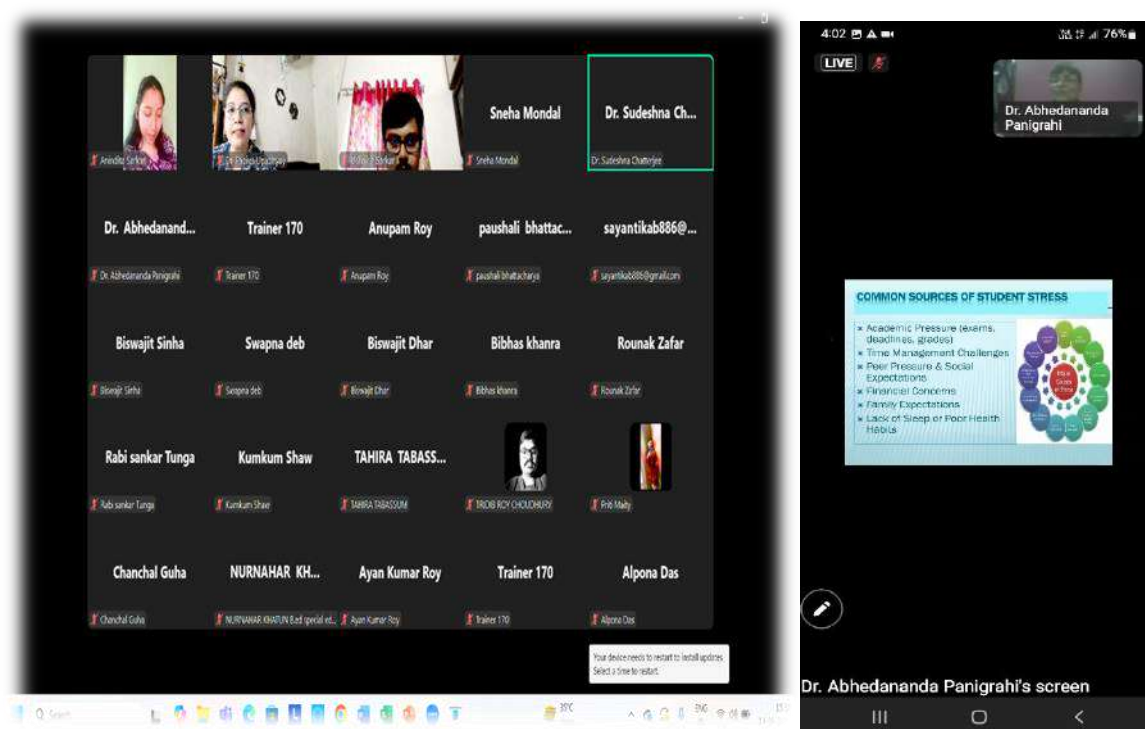
Dr. Ushnish Sarkar, Assistant Professor of Mathematics, introduced the theme and the keynote speaker.

The keynote speaker of the webinar, Dr. Abhedananda Panigrahi, stated that stress is often embedded in our daily activities. According to him, mental pressure increases when we try to complete a large volume of work within a short time, struggle to align ourselves with the expectations of family members, or fail to feel satisfied even after completing tasks. He categorised stress into two types: short-term stress and chronic stress. Using the example of appearing for an examination, he explained short-term stress, and added that persistent fear in all situations is a sign of chronic stress. He also mentioned that constant scolding can lead to stress in children. Conditions such as ADHD in children, poor family relationships, and having undesirable commitments can all contribute to chronic stress, in his view.

Dr. Panigrahi emphasised that meditation is a key pathway to stress relief. He guided participants through a meditation session to illustrate his point.

More than a hundred participants—including students, teachers, officials, and staff—attended the webinar. The students shared that they found the session very helpful and enriching, particularly the guided meditation. They expressed their desire for more such webinars in the future. Sri Anupam Roy, Assistant Professor of Sociology & member of the committee proposed the vote of thanks to conclude the session.

Glimpses:



Report prepared by-
Smt. Roshni Mukherjee
PRO, NSOU & Member,
Webinar Organizing Committee of MWC