



## **Workshop on life skills and stress management**

On February 10, 2022 a One-day workshop on the topic "Life Skills" was organized by the Department of Psychology, Mahatma Gandhi Shati Smarak Mahavidyalaya Garuamaksudpur, Ghazipur. The workshop was conducted to train the students and scholars how to comprehend and implement life skills in everyday situations, as well as to assist clients in developing these skills while offering counselling services. Life skills are crucial to students because they are related to their performance and professional growth. They also aid in successful communication with clients.

Mr. Sumit Kumar, Senior Counsellor and Trainer was the resource person of the workshop. Mr. Dutta concentrated on skills such as stress management, emotion management, creative thinking, critical thinking, work-life balance, decision-making, and problem-solving. He also trained the participants how to manage their time, make goals, manage their finances, and deal with problems.

Ms Nidhi, a student of the department introduced the resource person of the workshop. The Workshop began with a welcome address by Mr. Razeev Kumar. Mrs. Priya discussed the significance of instilling skills in young psychologists noting that it benefits not only one's well-being but also that of others. She also urged students and scholars to engage in such sessions actively.

The resource person explained to the participants the models of health. He clarified the distinction between the biological and biopsychosocial models via role-playing. He also discussed the four categories into which a human is classified: physical, social, psychological, and spiritual. Life skills are linked to the biopsychosocial aspects. Mr. Sumit stated that humans currently act like viruses themselves, drawing a comparison between the diseases that affect people now and those that afflicted people in the past. Perhaps humans are unaware that they are equipped with vaccinations. It is entirely up to us as humans to decide whether we want to behave like a virus or a vaccination. In reality, stress plays a significant role in the development of a variety of disorders.

Students, researchers, and teachers actively participated in group discussions about stress and stress management. The participants presented a variety of strategies for dealing with stressful circumstances. The resource person explained the Self-actualization model and discussed the causes of stress as they travel up the hierarchy of needs. During the training, there was a thorough discussion about the need for balance. Further, the resource person mentioned that there are ten life skills for mental health and interpersonal relationships which are interconnected and interdependent.



All the faculty members from the college attended the workshop. Dr. Nitesh Pandey, Assistant Professor, Department of Psychology proposed a formal vote of thanks. The students and scholars appreciated the session and found it to be crucial for their professional growth.



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