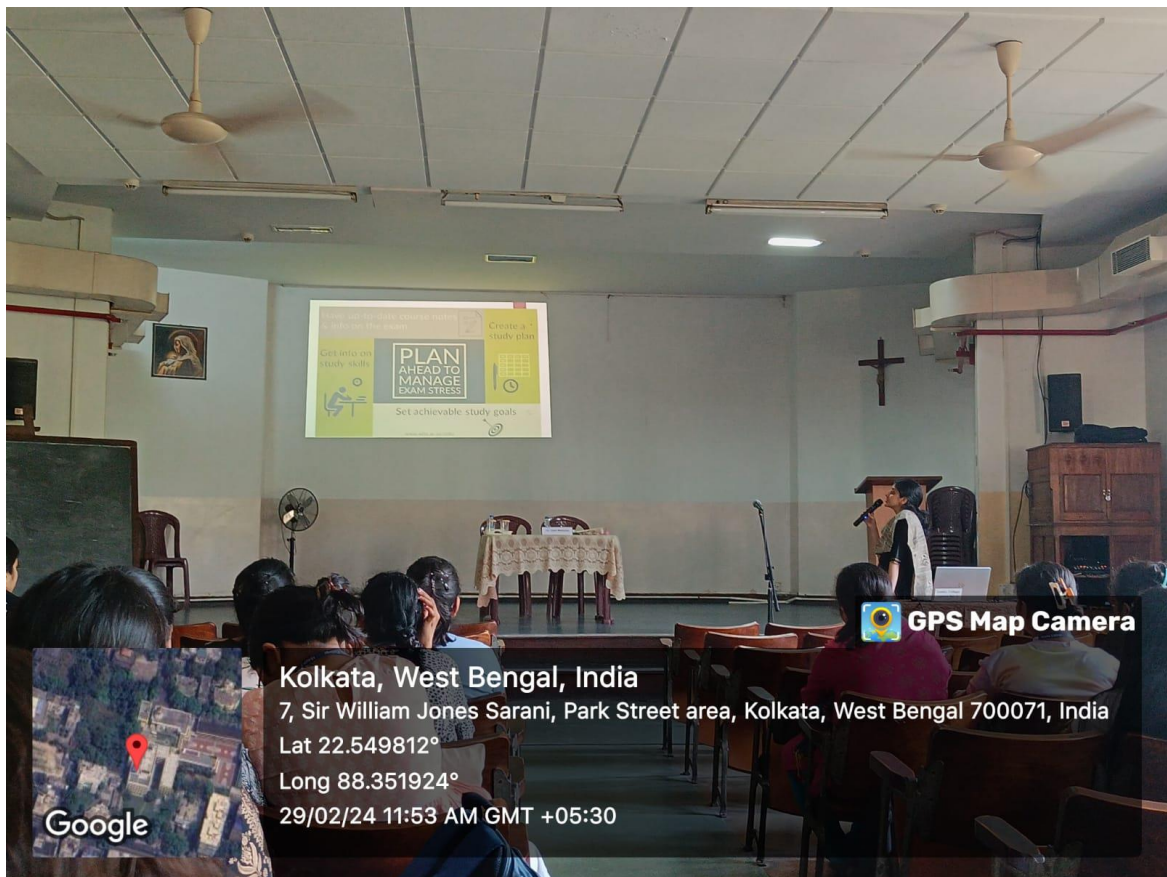


Talk on Coping with Stress during Examinations

The Internal Quality Assurance Cell of Loreto College had organized a Talk on **Coping with Stress during Examinations** on February 29, 2024 for Semester 1 students. The resource person for the session was Dr. Ushri Banerjee of Department of Applied Psychology, University of Calcutta. Dr. Debika Guha, the officiating principal addressed the students at the beginning of the session. Dr. Banerjee initiated her deliberation by defining stress and cited examples of stressors. She highlighted the causes of stress and explained the difference between positive and negative stress by citing relevant examples. She discussed the different ways of stress management and demonstrated the importance of deep breathing by involving the students in the process. The session was highly enriching and engaging and involved the students through an interactive mode.



Kolkata, West Bengal, India

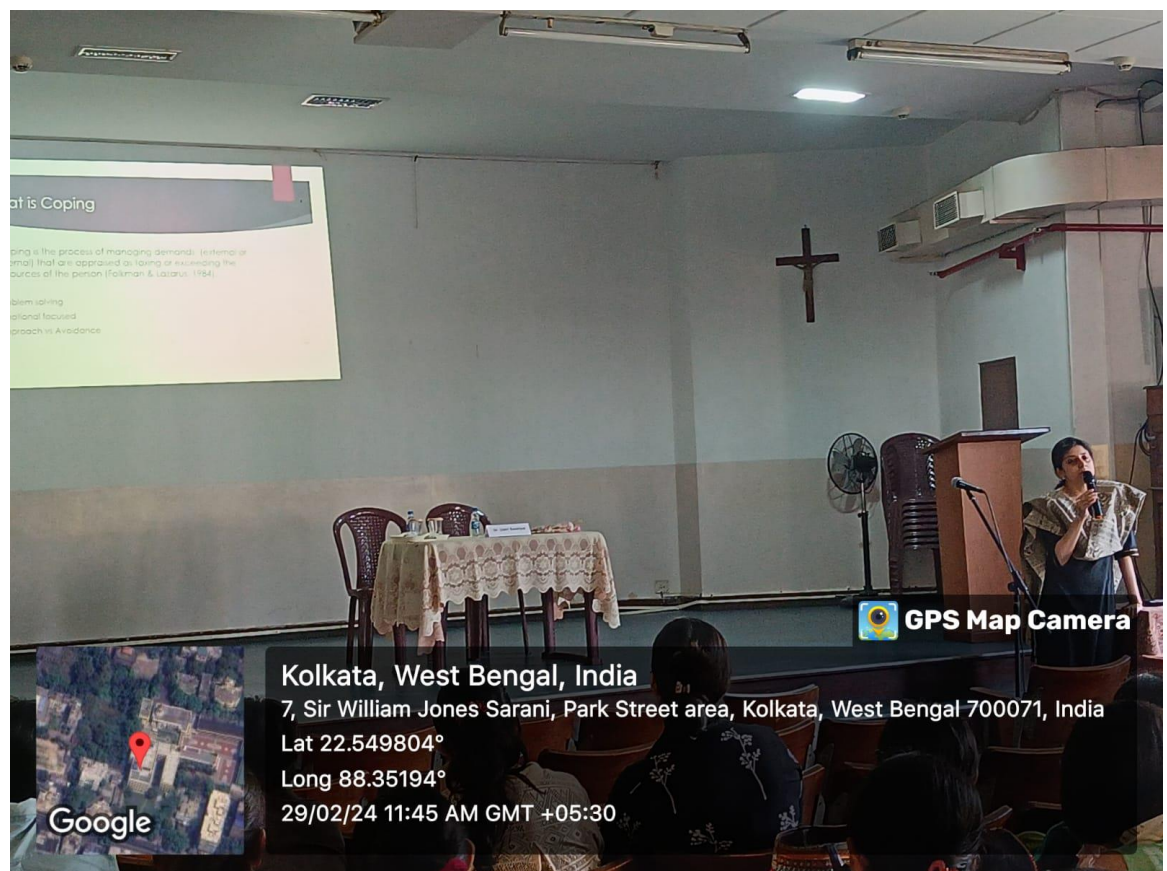
7, Sir William Jones Sarani, Park Street area, Kolkata, West Bengal 700071, India

Lat 22.549812°

Long 88.351924°

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Kolkata, West Bengal, India

7, Sir William Jones Sarani, Park Street area, Kolkata, West Bengal 700071, India

Lat 22.549804°

Long 88.35194°

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