

Christ Church College Kanpur

Value Education Cell

Report Dated February 19th 2022

Value Education cell organised a webinar on “**Training the mind to control stress**” on **19th February 2022** on google meet at **12:00 P.M.** The lecture was delivered by **Dr. Nibedita Mukhopadhyay, HOD, Department of Biotechnology CSJMU, and Kanpur.**

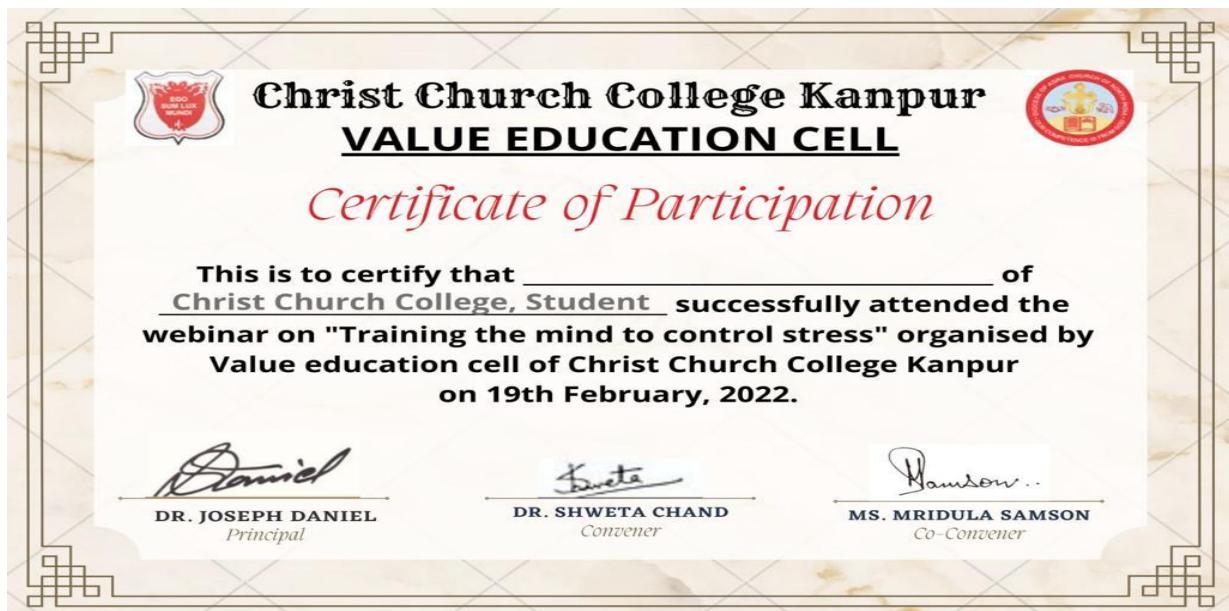
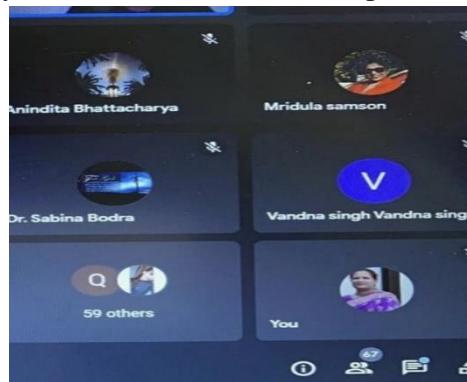
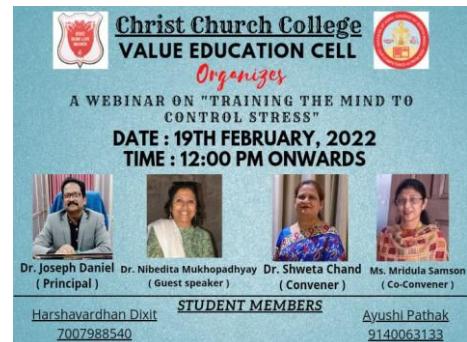
Convenor, Dr. Shweta Chand, Associate Professor, Department of Chemistry conducted the webinar.

Dr Sabina Bodra, HOD offered the opening Prayer.

Principal and Secretary, Dr. Joseph Daniel started the program with little introduction on the topic. He said that the Stress is a feeling of emotional or physical tension. Stress can be positive such as when it helps you to avoid danger or meet a deadline.

Dr. Anindita Bhattacharya, Associate Professor, Department of Chemistry introduced the speaker. **Co-convenor, Ms Mridula Samson, Associate Professor, Department of Zoology** gave the concluding remarks and Vote of thanks.

Dr. Sudhir Gupta, Dr S.P .Singh, Dr Meet Kamal and other faculty members were present in the talk. 67 Students actively participated in the talk.



(Dr. Shweta Chand)
Convenor