

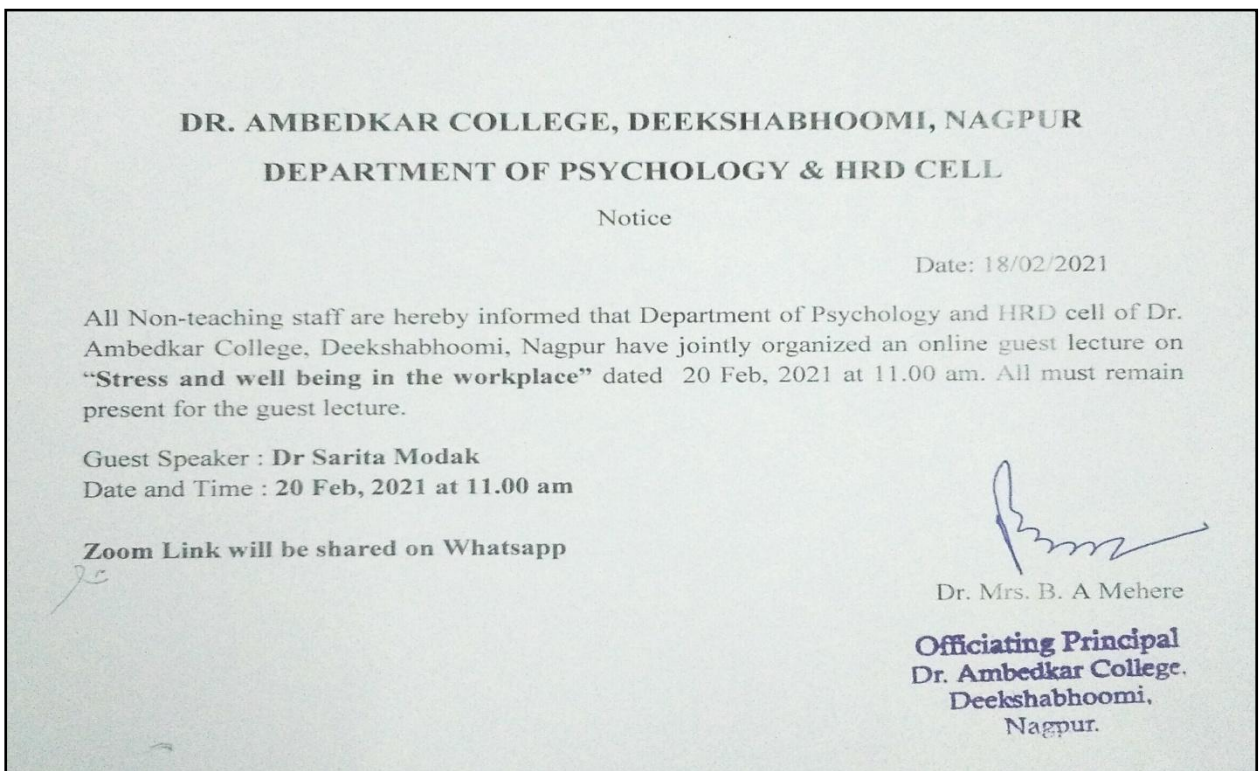
DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

DEPARTMENT OF PSYCHOLOGY

GUEST LECTURE FOR NON-TEACHING STAFF OF THE COLLEGE

Date: 20 Feb 2021

**RESOURCE PERSON: - DR. SARITA MODAK, PSYCHOLOGIST
AND COUNSELOR, NAGPUR**



Department of Psychology and HRD cell of Dr. Ambedkar College, Deekshabhoomi, Nagpur jointly organized a guest lecture on “**Stress and well being in the workplace**” on 20 Feb, 2021. This Guest lecture was organized for the Non-Teaching staff of the college. The purpose of this guest lecture was to sensitize the audience on the ways and means to overcome stress and work one’s way towards well being. The chief speaker of program was Dr. Sarita Modak, Psychologist and Counselor, Nagpur. Principal Dr. B. A. Mehere was the chairperson of the program.

Dr. Sarita Modak shared her experience on stress and well-being at the work place. She lay emphasis on the fact that, “Stress is a fact of our lives which can have negative effects on the basic dimension of our mental health. Health and happiness are the components of well-being. You have to be happy for your well being. Stress causes difficulties in happiness and disrupts the well-being also. We have to be comfortable with ourselves. Hence finding meaning in life is important. Well-being is a part of happiness. Well-being is the state in which ones feels comfortable with himself or herself.

According to Dr. Modak, the workplace environment should be vibrant and positive. Social and emotional well being is also important for the person. She concluded her talk by citing four principles for well-being namely; Adjust, Avoid, Alter and Accept.

Earlier, Dr. Mrs. Bhoomi Mehere, Principal of the college made introductory remarks and welcomed the guest speaker and all participants. The program was ably conducted by Ms. Rohini Meshram, Department of Psychology and a formal Vote of thanks was proposed by Mr Gulab Tembhurnea member of the non-teaching staff of the college. Dr. Mrs. Priti Singh, Coordinator HRD cell also took efforts in making the program a success. Around 19 Non-teaching staff attended the program.

