

**BAMANPUKUR HUMAYUN KABIR MAHAVIDYALAYA****DEPARTMENT OF EDUCATION AND NSS**

ORGANIZES

SRAMDAN AND WORKSHOP ON STRESS

Venue: BHKM Date: 15.08,2022 Time: 9.30 a.m -1p.m**Organized and report presented by Sumita Chatterjee****INTRODUCTION AND ORGANIZATION**

The Department of Education of Bamanpukur Humayun Kabir Mahavidyalaya along with NSS organised sramdan and workshop on stress to celebrate Azadi ka Amrit Mahotsav **“INDEPENDENCE DAY “**and proposed date for the visit was settled. The requisite permission was sought from the principal of the college for the same, and the allotment of time and date was confirmed Notice and programme brochure were circulated to the students and the teachers accordingly. All the Resource Persons accepted the proposal and confirmed the presence.



THE PROGRAMME SESSION:

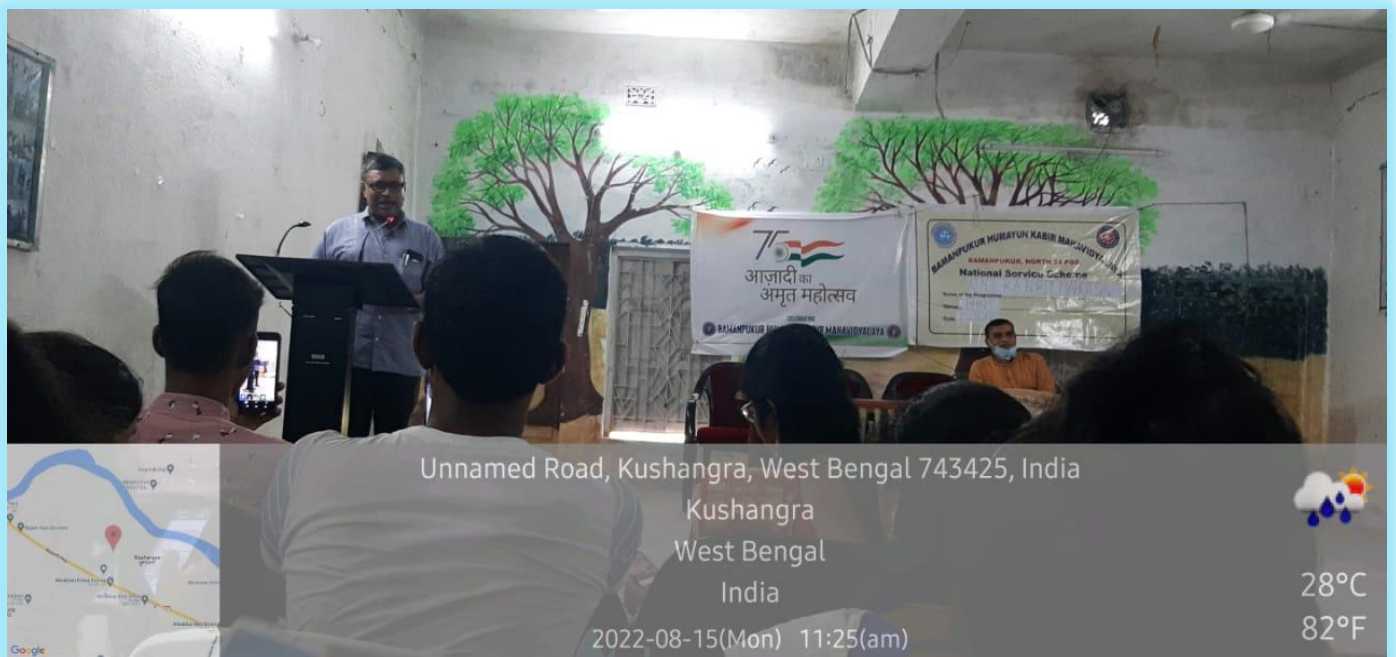
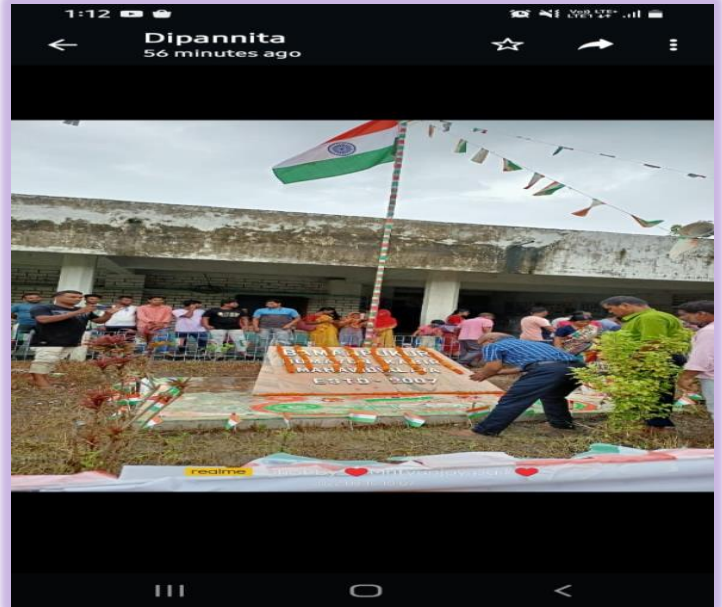
Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements. This Mahotsav is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable Prime Minister Narendra Modi's vision of activating India 2.0, fuelled by the spirit of Aatmanirbhar Bharat. The official journey of Azadi Ka Amrit Mahotsav commenced on 12th March 2021 which started a 75-week countdown to our 75th anniversary of independence and will end post a year on 15th August 2023. The programme started with flag hoisting ceremony by Principal Dr Biswas. Followed by sramdaan by the students of NSS and Department of Education, along with college teachers. Dr Biswas along with Dr. Ajijul Haque Mondal in the workshop on stress highlighted the importance of stress related students problems and solutions for future learning. Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life. Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life. He further mentioned that stress can be managed by this Five ways

1. Eat healthy foods. This sounds almost like a bummer, but it isn't. ...
2. Exercise. You may be surprised at how little you actually need to do to get some exercise in. ...
3. Get plenty of sleep. ...
4. Manage your time and learn to say “no”

The programme ended with the vote of thanks by Sneha Pramanik



Glimpses of the Programme



Brochure of the Seminar



**BAMANPUKUR HUMAYUN
KABIR MAHAVIDYALAYA**

**ANANDADHARA ALUMNI
AND DEPARTMENT OF
EDUCATION**

ORGANIZES



**AZADI KA AMRIT
MAHOTSAV**

**CELEBRATION OF
15 TH August 2022**

**In Collaboration
With
NSS BHKM**

**Date: 15 th August
2022 (Monday)
Time: 9.30 A.M to 12.30
A
Venue: BHKM COLLEGE
PREMISES**



**15
August
India
INDEPENDENCE DAY**



<https://www.facebook.com/Bamanpukur-Humayun-Kabir-Mahavidyalaya-Department-of-Education-108472508637884/>

**Session - 1 : 10.00AM - 10.30 AM
Flag Hoisting Ceremony**

Principal :

Dr. S Biswas

Student Representative :

Sneha Pramanik

Susmita Sau

**Session - 2 : 10.30 AM - 11.30 AM
Sramdan by NSS**

Student in Charge:

Susmita Sau

Ruphali Sadhukhan

Mrityunjoy Paik

**Session - 3 : Workshop on Stress
Management**

Inaugural song by Triporna

Mondal, Harimoni Routh, Rinku

Hazra, Sneha Pramanik



**Felicitation of speaker by
Alumni Anandadhara members**

Vote of Thanks

Sneha Pramanik

National Anthem

Technical Support - Subhadeep Mondal

