



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY

(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Expert Lecture
On
Enigma of Stress



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Department of Clinical Psychology

Faculty of Behavioural Sciences

Invite you to join an online expert lecture by Prof. (Dr.) Neena Kohli, Head Department of Psychology, University of Allahabad and Commonwealth Academic Staff Fellow, Institute of Psychiatry, Kings College London, UK (Former) as per the details given below:

Topic: **Enigma of Stress**

Date: 18th February 2022

Time: 11:00 AM to 12:30 PM

Registration Link

<https://sgtuniversity.webex.com/sgtuniversity/j.php?RGID=re40737c9977b77509159d85a7183c4c7>

Joining Link

<https://sgtuniversity.webex.com/sgtuniversity/j.php?MTID=me6b0b6e1a6a3dbd113df9bf42c5090ce>

Webinar Number: 2623 973 4770

Webinar password: Fbs@enigma




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E Brochure —




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**Faculty of Behavioural Sciences
&
PSYCA**

An academic association of
Department of Clinical Psychology
organises an
Expert Lecture on
ENIGMA OF STRESS

Registration Link : <https://bit.ly/3sxMve9>
Joining Link: <https://bit.ly/3HXWXly>


Webinar Number: 2623 973 4770
Webinar password: Fbs@enigma

 **18th February 2022** | 11:00 AM to 12:30 PM

Patron Prof. (Dr.) Rajbir Singh Dean Faculty of Behavioural Sciences	Coordinator Dr. Farhat Jahan Assistant Professor Faculty of Behavioural Sciences	TEAM PSYCA President Ms. Aarti M.Sc. Clin. Psych. Final Year	Secretary Ms. Sanya B.Sc. Clin. Psych. Final year
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LECTURE

Speaker



Prof. (Dr.) Neena Kohli
Head Department of Psychology
University of Allahabad
Commonwealth Academic Staff Fellow
Institute of Psychiatry
Kings College London, UK (Former)



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Brief Profile of Speaker:

The resource persons of the lecture is currently working as professor and head department of psychology, Allahabad University. Her area of expertise is stress and coping, health psychology and organizational behavior. She has a very vast research and administrative experience in higher education. She has published various research papers in reputed indexed journals and also published books and book chapters in reputed publications. Prof. Neena Kohli began her career as a Lecturer, in the Department of Psychology in 1996. She completed her Bachelors, Masters and D. Phil from University of Allahabad itself. She obtained her doctorate degree in the area of Health Psychology. For her Doctoral thesis, she worked on the psychological recovery of cervical cancer patients. In 2005, she was awarded the Commonwealth Academic Staff Fellowship tenable at the Institute of Psychiatry, Kings College London (U.K). During her tenure she worked on a collaborative research project investigating the medical adherence in Type 2 Diabetic patients.

Her research collaboration with Pennsylvania State University, has led her to a series of studies on: *Territoriality at the Magh Mela: The effects of organizational factors and Intruder characteristics; Religion, Prejudice and practice at the Magh Mela; Place Attachment at the Magh Mela: The effects of Role and Religious Beliefs.*

She has completed a collaborative research project entitled “Beliefs about Breast Cancer Among Rural and Urban Women in India” with King's College London. Her research interests include culture and illness representations, psychological recovery from chronic illness (HIV/AIDS, Cancer), impact of stigma on well-being, factors promoting return to work after illness and correlates of organizational health.

Organizers:



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Prof. (Dr.) Rajbir Singh, Dean, FBSC, Patron

Dr. Farhat Jahan, Assistant Professor & Coordinator

Student Coordinators–

Ms. Aarti

Ms. Sanya

Report of the Webinar/Event/FDP Program:

a) Introduction:

There are certain myths which are associated with stress. One of the most common myths associated with stress is that if you have no symptom, there is no stress. An absence of symptom doesn't mean the absence of stress. If one camouflages their symptoms with medication that may deprive them of signals they need for reducing the strain on their psychological and physical symptoms. So no symptom, no stress is a misnomer. One should not ignore minor symptoms, they also require attention. Minor symptoms are the early warnings that your life is getting out of hand and that you need to do better for managing stress.

Another misnomer is stress management means elimination of stress. There is nothing like elimination. We just try to manage it. It is important to realize that no one can totally eliminate all stress. Undertaking stress management program with this in mind will only create more stress. Stress stays with us. Some issues can be minor for you but could be stress provoking for others. So you should be aware of your stress tolerance limit. The fact is stress is all pervasive phenomenon and we have to live with it. All the myths create an enigma of stress. We need to learn stress management. First step for doing so is you should think about the last time when you were feeling stressed and what the reason was. Identify the problem. Little things can change the course of life. So try to identify ways to manage your stress.

b) Objective of the Webinar/Event/FDP:



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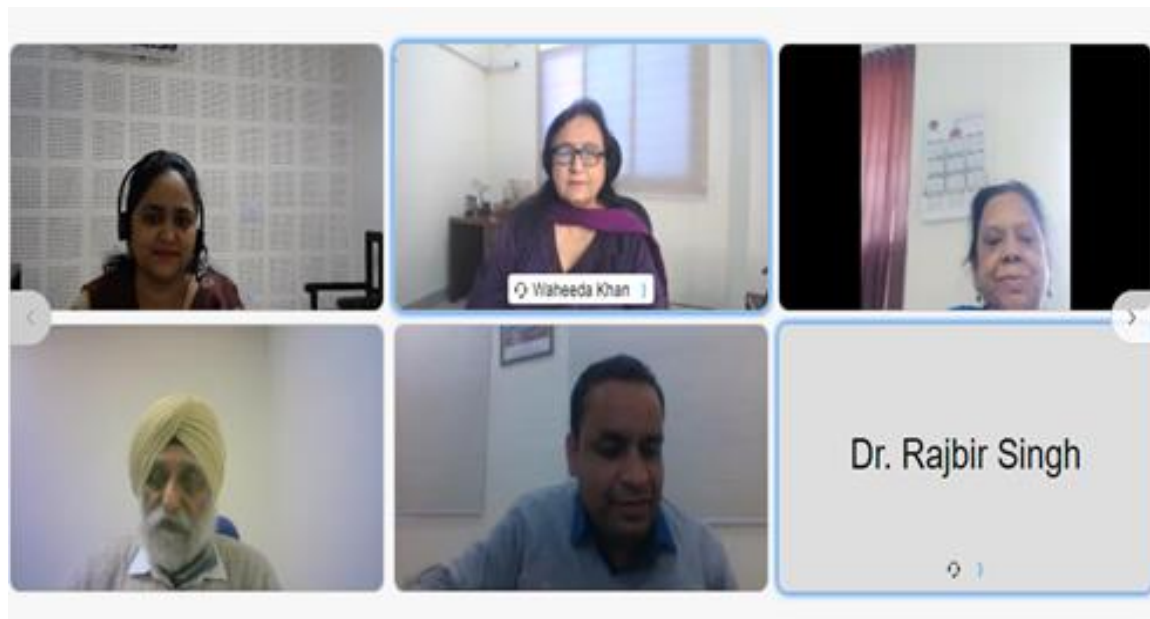
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- To develop and upgrade the knowledge about myths which are associated with stress

Brief content of lecture:

The lecture was started with a welcome address by Dean FBSc Prof. (Dr.) Rajbir Singh. In this program speaker Prof. (Dr.) Neena Kohli, Head Department of Psychology, University of Allahabad and former Commonwealth Academic Staff Fellow, Institute of Psychiatry, Kings College London, UK explained the myths related to enigma of stress, different types of stressors and management of stress. The event was attended by university officials Pro VC Prof. (Dr.) N.S. Tung, Prof. Dr. Waheeda Khan, faculty members and students of FBSC. More than 150 participants were registered for the lecture. Dr. Farhat Jahan presented the vote of thanks.

Screenshots of Webinar/ Picture of Event:





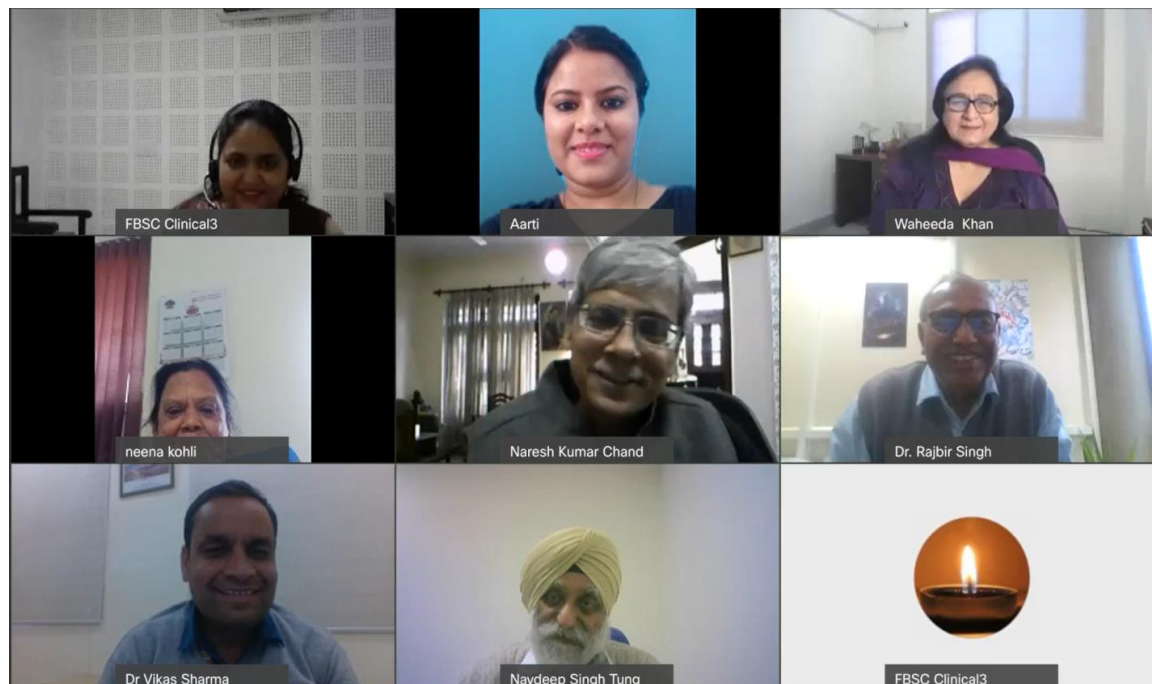
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Good quality picture with legends is mandatory



List of participants

Aarju Singhal

Ekta

Nishu Verma

Aarti

FBSC Clinical3

Pamisha

Aashika Jain

Geetika

Parveen Kumar Jat

Aastha Goel

Gopika K

Parvinder Kaur

Ajinia Moton

Guraasis 201902044

Pooja

Akanksha Chahal

Harshita Agarwal

Prapti



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Priya

Akash Ghosh

Ipsita Rawat

Priyanka

Akshita

Janvi Jha

Priyanshu

Akshita Tyagi

Japjeev Kaur

Raga Gupta

Ankita

Jaya Goswami

Rahul Gupta

Ankita Sharma

Jayesh Bhatt

Rakshita

Anoushka

Jhalak Kakkar

Ravi Kumar

Anupriya

Jyoti Shokeen

Ravinder Saini

Anushka

Kanika Kapoor

Risha Rathi

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Kashish Bhargava

Rishika Bhatnagar

Archana

Khushi

Rishita Gupta

Ashwin

Khushi Khatana

Ritika Gothwal

C Perne

Kritika Kapoor

Ritu

Chirag Jangra

Mohit Gupta

Shivangi

Dishita

Monika Mittal

Shrishti Singh

Divya

Munya Tage

Shruti

Divya Dahiya

Nancy Solanki

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Naresh Kumar Chandel

Simran Kapoor



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Dr Pulin Saluja

Navdeep Singh Tung

Simran Luthra

Dr Rakesh Kumari Malik

Neena Kohli

Suhail Rashid

Dr Vikas Sharma

Neha Bansawal

Sushil Manav

Dr. Amra Ahsan

Nikshay Dahiya

Swastika

Dr. Nitesh Kumar Jha

Nishtha

Taijshi Mishra

Dr. Nudrat Jahan

Pituparna

Tamanna Singh

Dr. Rajbir Singh

Riya

Tanisha Kohli

Dr. Shalini L.

Riya pawar

Tej Tyagi

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Maurya Talwani