

The Faculty Development Programme (FDP) Cell, in collaboration with IQAC, successfully organised a **five-day Faculty Development Programme on “Stress Management”** for college teachers from **16th February to 20th February 2026**. The programme was designed with the objective of enhancing teachers’ awareness and understanding of stress and its multidimensional impact on professional and personal life.

The FDP focused on the physiological, psychological, emotional, and biological dimensions of stress, with special emphasis on how prolonged stress affects mental health, cognitive functioning, emotional regulation, and overall well-being of educators. The sessions highlighted the changing nature of stress in academic environments and the need for effective coping mechanisms to maintain resilience and work-life balance.

Distinguished resource persons from the fields of psychiatry, psychology, and mental health shared their expertise through interactive lectures and discussions. The sessions explored topics such as physiological changes associated with stress, emotional responses, inner conflicts, mental well-being of teachers, leadership through inner strength, and strategies for stress resolution. Practical insights and real-life examples helped participants relate theoretical concepts to their everyday teaching experiences.

The programme also addressed biological responses to stress, including the impact on the nervous system, hormonal balance, sleep patterns, and emotional health. Participants were introduced to practical techniques for stress management, self-reflection, emotional regulation, and maintaining a healthy balance between professional responsibilities and personal life.

The FDP received enthusiastic participation from teachers, who found the programme highly relevant and enriching. The collaborative initiative proved to be a meaningful step towards promoting mental well-being, resilience, and holistic development of educators, thereby contributing to a healthier academic environment.

Name of the Event: Faculty Development Programme on Stress Management

Category: Faculty Development Programme (FDP)

Organising Unit: Faculty Development Programme (FDP) Cell, Internal Quality Assurance Cell (IQAC), RKSMVV

Date: 16th February 2026 to 20th February 2026

Time: 12.45 pm - 3 pm

Venue: Muktiprana Sabhagriha, RKSMVV

Name and Designation of the Resource Person:

1. **Dr. Prasant Kumar Roy**
Assistant Professor and Clinical Director,
Institute of Psychiatry, Government of West Bengal
2. **Dr. Reshmi Dutta**
Medical Practitioner (B.H.M.S.),
Consultant Psychotherapist and Mental Health Trainer

3. Dr. Payel Sengupta Talukdar

Head of the Department, Psychiatry,
R. G. Kar Medical College and Hospital

4. Anindita Mukherjee

Assistant Professor, Psychology,
Sister Nivedita University and Practising Psychotherapist

Number of Participants: 40

Brief Description of the Event:

The Faculty Development Programme (FDP) Cell, in collaboration with IQAC, organised a five-day Faculty Development Programme on “Stress Management” for college teachers from 16th to 20th February 2026. The programme aimed to enhance teachers’ awareness and understanding of stress and its multidimensional impact on professional and personal life. The sessions focused on physiological, psychological, emotional, and biological dimensions of stress, highlighting its effects on mental health, cognitive functioning, emotional regulation, and overall well-being of educators. Resource persons delivered interactive lectures and discussions on stress-related challenges in academic environments, leadership through inner strength, emotional well-being, and effective coping strategies. Practical insights, real-life examples, and self-reflective approaches helped participants relate theoretical concepts to their teaching experiences. The sessions highlighted the changing nature of stress in academic environments and the need for effective coping mechanisms to maintain resilience and work-life balance.

Distinguished resource persons from the fields of psychiatry, psychology, and mental health shared their expertise through interactive lectures and discussions. The sessions explored topics such as physiological changes associated with stress, emotional responses, inner conflicts, mental well-being of teachers, leadership through inner strength, and strategies for stress resolution. Practical insights and real-life examples helped participants relate theoretical concepts to their everyday teaching experiences.

The programme also addressed biological responses to stress, including the impact on the nervous system, hormonal balance, sleep patterns, and emotional health. Participants were introduced to practical techniques for stress management, self-reflection, emotional regulation, and maintaining a healthy balance between professional responsibilities and personal life.

Outcome of the Event:

- Enhanced awareness among faculty about stress and its impact on mental and emotional well-being
- Improved understanding of stress management techniques and coping strategies
- Encouraged self-reflection, emotional regulation, and work-life balance
- Promoted resilience and holistic development of teachers, contributing to a healthier academic environment

The FDP received enthusiastic participation from teachers, who found the programme highly relevant and enriching. The collaborative initiative proved to be a meaningful step towards promoting mental well-being, resilience, and holistic development of educators, thereby contributing to a healthier academic environment.




Ramakrishna Sarada Mission Vivekananda Vidyabhavan
33, Sri Maa Sarada Sarani, South Dum Dum, Kolkata-700055
Accredited by NAAC with A+ Grade (CGPA 3.45)

Faculty Development Programme On Stress Management

Organised by IQAC, RKSMVV

Date:
16.2.2026 – 20.2.2026



Faculty Development Programme On Stress Management



Resource Persons:

Dr. Prasant Kumar Roy,
Assistant Professor and Clinical Director
Institute of Psychiatry
Govt. of West Bengal
Topic: From Stress to Strength: Inner Leadership for Educators

Dr. Reshmi Dutta,
Medical Practitioner (B.H.M.S),
Consultant Psychotherapist and
Mental Health Trainer
Topic: The Inner Noise and the Inner Voice:
Stress Through Inner Conflict and Resolution

Anindita Mukherjee,
Assistant Professor,
Psychology,
Sister Nivedita University,
and Practising Psychotherapist.
Topic: Work-life and Home-life Balance

Dr. Payel Sengupta Talukdar
Head of the Department,
Psychiatry,
RG Kar Medical College and Hospital.
Topic: Mental well-being of
college teachers :
From stress to resilience

Time: 12.45 pm – 2.45 pm
Registration Fees: Rs. 1000.00
Venue: Muktiprana Sabhagriha

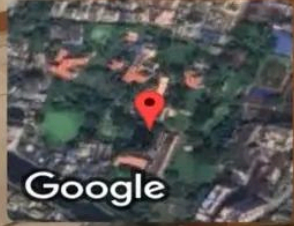


Ramakrishna Sarada Mission Vivekananda Vidyapeeth
33, Sri Maa Sarada Sarani, South Dum Dum, Kolkata - 700074
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**Faculty Development Programme
On Stress Management**

Venue:
Muktiprana
Sabbagriha

Organised by IQAC, RKSMV
Date: 16.2.2026 - 20.2.2026
Time: 12.45 pm - 2.45 pm



Google

GPS Map Camera

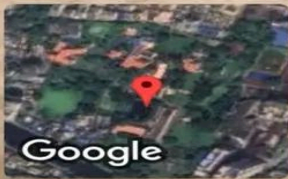
South Dumdum, West Bengal, India



33, Amarpalli, South Dumdum, West Bengal 700074, India
Lat 22.61398° Long 88.409159°
Monday, 16/02/2026 01:09 PM GMT +05:30







GPS Map Camera

South Dumdum, West Bengal, India

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