

Event Report: Special Lecture on The Art of Resilience: Managing Stress and Building Strength

Organizing Body-

- **Department:** Education
- **Name of the Institution:** Gokhale Memorial Girls' College

Speaker Profile-

- **Name:** Dr. Ranjita Datta ; **Designation:** Associate Professor
- **Affiliation:** Deshbandhu College for Girls

Event Details-

- **Title of Lecture:** The Art of Resilience: Managing Stress and Building Strength
- **Date:** 18th September 2025 ; **Time:** 12:00 Noon ; **No of students present :** 50
- **Venue:** Room No. 9, Gokhale Memorial Girls' College

 **Summary of the Lecture-** The Department of Education at Deshbandhu College for Girls organized a special lecture on "The Art of Resilience: Managing Stress and Building Strength" on 18th September 2025 at 12 noon in Room No. 9. Dr. Ranjita Datta, Associate Professor, delivered the session, highlighting the causes and effects of stress and sharing practical strategies for managing it effectively. She emphasized the importance of resilience, mindfulness, and emotional strength in coping with academic and personal challenges. The lecture was interactive, with students and faculty actively participating and sharing experiences. Two photographs were taken to document the event. Overall, the session was well-received and contributed to the holistic development of the attendees.

 **Documentation- Photographs:** Two pictures were taken during the event to document the proceedings and audience engagement.



 **Outcome-** The session was well-received and appreciated by attendees. It contributed to the holistic development of students by addressing mental health and emotional intelligence, aligning with the department's commitment to nurturing well-rounded individuals.