



GOKHALE MEMORIAL GIRLS' COLLEGE

Name of Event: Stress Management through Poetic Therapy

Date of Event: 18th January, 2024

Time of Event: 2.00pm to 3pm

Collaborating Body: Alumni Association, Gokhale Memorial Girls' College

Name of Speaker: Dr Tinni Dutta, Assistant Professor, Dept of Psychology, Muralidhar Girls' College.

The Objective of the Workshop was to make the youth aware of the stress factors around them, to realize the effect of these on their conscious and subconscious self, to understand how they bring about behavioural changes and to discover the solutions to these problems.

Tagore's poem '*Bojhapora*' was exploited in the workshop to make the girls realize that most of the solutions to their problems lay in their attitude towards perceiving and handling the problems. The poem was analyzed to help the girls understand what should be the right attitude towards a problem. They were taught the art of reducing their stress by finding the answers to their questions in the poems of Rabindranath Tagore.

No. of Students Benefitted: 15 [Mixed Semester, Mixed Departments]