**WORKSHOP ON STRESS MANAGEMENT AND PERSONALITY DEVELOPMENT**

Date : 12th August 2018

Place : Government Kamalanagar College

Workshop on ‘Stress Management and Personality Development’ was organized by Dr. Pulak Chandra Devnath, Asst. Professor, Govt. Kamalanagar College. Resource Person of the workshop was Prof. Abhedananda Panigrahi, Netaji Subash Open University (NSOU), Kolkata, West Bengal. The workshop was organized specially for the students of Govt. Kamalanagar College and there were total 145 participants. Resource person has elaborately explained about the stress management and personality development. There was also practical session where resource person trained the students to release their stress and how to manage stress in short period of time which can help them in their study in future.

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