

Stress Management Workshop

Bayan College recently conducted a workshop on stress management for Academic & Non Academic Staff.



Dr George Kolancherry - English Instructor conducting the workshop

Dr George Kolancherry, English Instructor led the workshop as part of the Professional Development Programme. Around 30 staff from the College Administration, Department of English Studies, Media Studies and Foundation Programme participated in the workshop.

Dr George focused on employees who fall victim to unexpected mental and emotional stress both in their personal and work life.



The Workshop began with focus on Identifying Stress, Stress Triggers, Symptoms, Effects, Stress

Participants at the workshop



(Right) Dr Mongi Hamouda, Asst. Dean & HoD English Studies distributing certificates to participants

Prevention and Management. Dr George also demonstrated some easy physical exercises to combat stress. The floor was left open for participants.

Dr Mongi Hamouda, Assistant Dean and Head of Department of English Studies distributed Certificates of Participation to all Participants.
