Department of Psychology

Faculty Development Programme on Work Pressure and How to Manage It

Date: 23rd & 24th November 2023

St. Xavier's College Jaipur's Department of Psychology, in collaboration with the Life Skill Enhancement & Anandam Cell, organized a Faculty Development Programme on managing work pressure on November 23-24, 2023. Facilitated by Ms. Sanbrita Acharya, a Counseling Psychologist and certified Art Therapist, the event received support from Rev Fr (Dr) Arokya Swamy SJ, Rev Fr (Prof) S. Xavier SJ, and Rev Dr Raymond Cherubin SJ. The principal commended the initiative for promoting staff welfare.

Day 1 focused on mental health, covering stress, work-related anxieties, workplace conflict resolution, and relaxation techniques such as breathing exercises and art therapy. Day 2 featured a group activity on assertiveness, interactive discussions, and strategies for overcoming procrastination and preventing burnout. The programme was well-received, highlighting the importance of prioritizing mental health in educational institutions.