

REPORT ON ONE DAY TALK ON “GROWING STUDENT STRESS: CAUSES, CONSEQUENCES AND REMEDIES”

A One Day Talk on the theme “Growing Student Stress: Causes, Consequences and Remedies” was successfully organised by the Students’ Counselling Cell in collaboration with IQAC, Mariani College, for the students. The programme aimed to create awareness about the increasing levels of stress among students and to suggest effective coping strategies.

The programme began with a warm welcome to the guest and participants by Dr. Sugandhi Das, Coordinator of the programme. In her address, she highlighted the importance of addressing mental health issues among students in the present academic environment.

The Principal of Mariani College, Dr. Horen Goowalla, delivered an insightful speech emphasizing the need for mental well-being alongside academic excellence. He encouraged students to seek guidance whenever they feel overwhelmed and appreciated the initiative taken by the organising bodies.

Mrs. Udeshna Tai, Assistant Professor, Department of English, introduced the Resource Person, Mrs. Aditi Kejriwal, Assistant Professor, Department of Commerce, Jagannath Barooah University, Jorhat. She briefly highlighted her academic achievements and expertise in student-related issues.

The Resource Person, Mrs. Aditi Kejriwal, delivered an engaging and informative talk on the topic. She elaborated on the major causes of student stress, such as academic pressure, competition, family expectations, and social media influence. She also discussed the consequences of unmanaged stress, including anxiety, depression, lack of concentration, and declining academic performance. Importantly, she suggested practical remedies such as time management, maintaining a healthy lifestyle, seeking counselling support, mindfulness practices, and maintaining a positive outlook.

The session was followed by an interactive Question-Answer segment, where students actively participated and shared their concerns. The Resource Person addressed their queries with practical and empathetic solutions, making the session highly beneficial.

The programme concluded with a Vote of Thanks delivered by Dr. Arupanjali Borah, IQAC Coordinator, who expressed her gratitude to the Resource Person, Principal, faculty members, and students for their active participation and support.

Finally, Dr. Sugandhi Das formally declared the programme closed, marking the successful completion of the event.

The programme proved to be highly informative and beneficial, equipping students with valuable insights and tools to manage stress effectively.

PHOTOGRAPHS



MARIANI COLLEGE, MARIANI
মৰিয়নী মহাবিদ্যালয়, মৰিয়নী
(DIAMOND JUBILEE YEAR)
(হীৰক জয়ন্তী বৰ্ষ)

One Day Talk on “Growing Student Stress: Causes, Consequences and Remedies”

Organised by

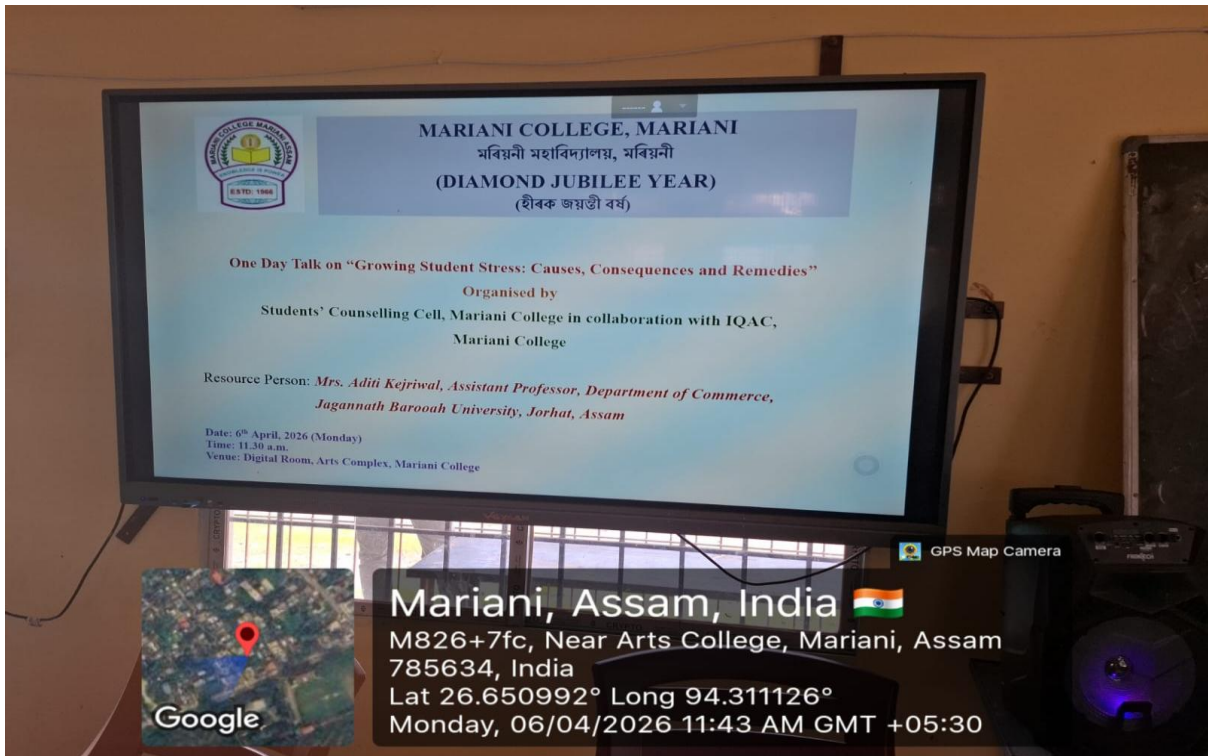
**Students’ Counselling Cell, Mariani College in collaboration with IQAC,
Mariani College**

**Resource Person: *Mrs. Aditi Kejriwal, Assistant Professor, Department of Commerce,
Jagannath Barooah University, Jorhat, Assam***

Date: 6th April, 2026 (Monday)

Time: 11.30 a.m.

Venue: Digital Room, Arts Complex, Mariani College







MARIANI COLLEGE, MARIANI
শ্রীমতী মারিানী কলেজ
(DIAMOND JUBILEE YEAR)
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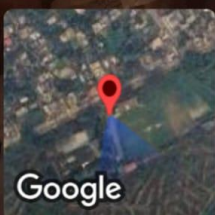


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