

Vasant Kanya Mahavidyalaya

Established in 1954, Vasant Kanya Mahavidyalaya is situated within the premises of the Theosophical Society at Kamachha, Varanasi. Having been the *Karmabhumi* of none other than the great visionary, Dr. Annie Besant, it has a glorious past. Vasant Kanya Mahavidyalaya is dedicated to the principles and thoughts of Dr. Annie Besant. Adopting the motto "Education as Service", the college seeks to blend the seemingly opposite principles of tradition and modernity. It aims to fructify the physical, intellectual, moral, spiritual and aesthetic capacities of its students and instill in them a love for discipline. The College was accredited "A" by NAAC in its second cycle of reaccreditation. Admitted to the privileges of Banaras Hindu University, it has been able to carve a niche for itself among the topmost institutions of the country dedicated to women education by its excellent academic result and various cultural and extra-curricular activities. The college now runs Ph.D., Post-graduate and Undergraduate courses as well as Diploma Courses sanctioned by UGC.

Varanasi, the most ancient city of India, has been the seat of the nation's cultural and ideological progress. Situated on the western bank of the holy Ganga, it has been, since time immemorial, the centre of Vedic, Jain, Buddhist and Shaivist studies. It also has the honour of producing great saints and thinkers like Kabir, Tulsidas and others. In modern times, many streams of thought leading to the cultural awakening of India, have either originated from

the city or have been closely associated with it. Swami Vivekananda himself first came to Kashi as a wandering ascetic. Dr. Annie Besant, after her advent to India, settled in Kashi and made it the centre of her educational activities. Mahatma Gandhi and Pt. Madan Mohan Malviya established two great Universities here during national moment. Varanasi has the honour of having four Universities imparting education to international students. Not only an educational hub, Varanasi is among the fastest growing urban economies of India. Major infrastructural projects are in pipeline for its sustainable development.

About the Resource Person:



Dr. Sumit Dutta
Counselling Psychologist and
Mental Health Trainer

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- Counselling Psychologist and Mental Health Trainer
- Resource Person, International Institute of Peace and Development Studies, Bangkok
- Resource Person, NCERT and NIEPA, India
- Former Empaneled Counselor of TISS, Mumbai
- Former Counselor and Faculty, Jadavpur University, Counseling Centre
- Resource Person in Workshops, Conferences, Courses and Training Programs across India and Abroad

VASANT KANYA MAHAVIDYALAYA
(Admitted to the privileges of Banaras Hindu University)
KAMACHHA, VARANASI-221010
(Institution Accredited 'A' by NAAC)



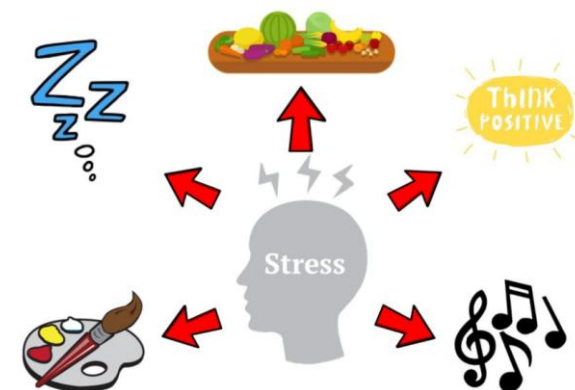
IQAC&NAAC Committees

*Invite you
to the*

National Workshop

on

Health, Well-being and Life Skills for Stress Management



December, 16-22, 2022
02:00 PM onwards

Theme of Workshop

In educational settings, health promotion refers to a holistic approach to help individuals realize their potential, cope with the everyday stresses of life, work productively and fruitfully, and contribute to their community. In these regards, it is essential to enhance a vast repertoire of knowledge, skills, attitudes, and values as well as a narrow set of psychosocial skills (Life Skills).

The aim of the workshop is

1. To mark improvements in relationships inside and outside the college context and increase self-efficacy and job satisfaction among teaching and non teaching staff members.
2. To consider and take care of the mental well-being of students who face many pressures, concerns and problems. They require the skills to successfully confront the life challenges.

Registration Fee:100/-

(One Hundred Rupees)

For Registration

(Please click on the following link)

<https://forms.gle/kH7DLjFqEDDA3P8JA>

The workshop will commence at 02:00PM.

Workshop Schedule

- 16.12.2022 & 17.12.2022 - For Students
- 19.12.2022 & 20.12.2022 – For Faculty Members
- 21.12.2022 & 22.12.2022 – For Non-teaching Staff

Patron

Smt. Uma Bhattacharyya, Manager

Mentor

Prof. Rachna Srivastava, Principal

Organizing Committee

Prof. Niharika Lal **Coordinator NAAC**
Prof. Indu Upadhyay **Coordinator IQAC**
Dr. Anshu Shukla, Associate Professor
Dr. Shubhra Sinha, Assistant Professor
Dr. Anju Lata Singh, Assistant Professor

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