



THEME OF THE SEMINAR:

Technology is ubiquitous and becoming necessary for everyday communications. Together with personal and professional use, its applicability is widespread in every field of life, including education. Increased use of technology has been identified as causing stress, particularly among the younger generation, due to overload and complexity, which bring anxiety. To combat stress, individual differences such as personality, and social, cultural, emotional and psychological wellbeing is required for sustainable development in a healthy learning environment. A massive increase in Indian society is expected due to the government road map towards making the country's biggest south Asian digital economy until 2030. The aim of the seminar is to address the institutional and personal strategies and defining mechanisms through overall personal and environmental well-being. And it is also to be analyze how to Setting boundaries, taking regular breaks, prioritising face-to-face communication, getting enough sleep, engaging in other activities, and seeking professional help if necessary – these can all be effective ways of managing technology use and reducing stress. Be aware of the potential negative effects of too much time with tech and take steps to control your technology to promote well-being and reduce overall stress.

HOW TO REACH JATINDRA RAJENDRA MAHAVIDYALAYA:

Jatindra Rajendra Mahavidyalaya is 30 km away from Berhampore Railway Station and takes 1hour via Hariharpara and 24kms distance from Beldanga. As the college situated besides the main road, various regular transport services (like local bus, trekker, taxi etc.) are available.

ABOUT THE COLLEGE:

Jatindra Rajendra Mahavidyalaya was established in 6th December, 1986. The college is situated in a remote area in the district of Murshidabad where the major population is economically backward belonging to minority community. Naturally most of the students of the college are first generation learner. Therefore, the college had the objective to expand the facility of higher education for the people living in the remote areas of the district and the adjoining area. It is a degree college affiliated under the University of Kalyani. The University Grants Commission has recognized this college under the section of 2(f) and 12 (B) of its act. The college has acquired a good reputation in the field of education of the district. The NAAC has accredited this college two times.

Now the Education department has been emerged as one of the most well equipped and well-placed undergraduate department of the University of Kalyani. Within thirty years journey, the department has managed to possess all kinds of conventional and modern technological teaching methods and a high-quality department library. So, in terms of learners' support, it has emerged as one of the best in the region. So far, several batches of students have been passed out and many of them are well placed at schools, colleges, other academic and research fields in various places of our country. Faculty members are actively engaged in research. They try their best to satisfy the academic needs of the students and always take personal care for the all-round development of the students.

SUB THEME OF THE SEMINAR:

The seminar shall endeavour to locate the current issues on 'Technology and Stress-A Dynamic Relationship' that emanating from all levels of society under these sub themes:

- 1) The link between technology and stress;
- 2) The important Dimensions of Techno-stress;
- 3) The Role of technology in Stress Management;
- 4) Stress Management in the Digital Age: The Role of Technology;
- 5) How to manage stress in information technology;
- 6) The relationship between stress and mental health;
- 7) Can technology innovation help in reducing stress;
- 8) Stress Management and Education.

FOR CONTACT:

- 1) Prof. Geetali Bera (President & TIC, JRM);
Mob.No. - 9434687179, Mail- principal@jrm.org.in.
- 2) Prof. Sufal Sarkar (Convener & Head of the Department, Education);
Mob.No. -912632259; Mail- sufalsarkar69@gmail.com.
- 3) Prof. Mithun Ghosh (Organising Secretary)
Mob.No. - 9883239547, Mail- mithunkumarghosh8@gmail.com.

REGISTRATION:

Registration is compulsory for all the participants except Resource Persons. Category wise rate of Registration Fee is fixed as given below-

1. Delegates Fees - Professors, Teachers, Research Scholars, Ex-Students and Paper Presenter (joint presenter will register separately) – 300/ Rs. Only.
2. Students Fees – Free.
3. Fees will be collected at the time of Registration in our college premise. Registration fees include Participation, Seminar Kit, and Food.

ORGANISING COMMITTEE:

President: Prof. Geetali Bera
(TIC, J.R. Mahavidyalaya).
Convener: Prof. Sufal Sarkar
(Head of the Dept., Education)
Organizing Secretary: Prof. Mithun Ghosh
(Dept. of Education)
Treasurer: Sri Santosh Mandal (Bursar), JRM
Joint Treasurer: Sri Sandip Das (Cashier, JRM)
Members: All Teaching & Non-Teaching staff, J.R.Mahavidyalaya

PROGRAMME SCHEDULE:

22nd April, 2022
10.00 a.m. to 10.30 am:
Registration
10.30 a.m. to 11.00 a.m.:
Inauguration Programme
11.00 a.m. to 1.00 p.m.:
Lecture Session
Prof. Dr. Binayak Chanda
1.00 p.m. to 1.30 p.m.
Lunch Break
1.30p.m. to 2.30 p.m.
Prof. Dr. Binayak Chanda

RESOURCE PERSON:

PROF. DR. BINAYAK CHANDA

Muragacha Govt. General Degree College,

Nadia, West Bengal

Jatindra-Rajendra Mahavidyalaya

ESTD-1986



VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

Date : 29/04/2022

Name of Program: *One Day Seminar on “Technology and Stress – A Dynamic Relationship”*

1. Name of Department/Committee/Cell: Department of Education in collaboration with IQAC, JRM
2. Date(s) of the Event: 22-04-2022
3. Venue of the Event: College Seminar Hall
4. Nature of Activity: Seminar
5. Level of the Activity: State
6. Name of the Collaborator, if any: College
7. Name of the Chairpersons: Geetali Bera, Associate Prof., Dept. of Philosophy., J. R. Mahavidyala
8. Name and Designation of guests and participants:

Sl. No.	Speakers/Guests	Designations
1	Dr. Binayak Chandra	WBES, HOD, Dept. of Education, Govt. General Degree College, Muragachha, Nadia

9. Beneficiaries: 9 College Teaching & Non-Teaching Staffs and 92 Students

10. Outcome of the Activity:

- Enhanced understanding of the importance of women empowerment.
- Greater public support for gender equality initiatives.
- Encouragement of community-level actions to support women.
- Formation of support networks and alliances for women empowerment.
- Inspiration for women to pursue leadership roles and opportunities.
- Motivation for men to become allies in the empowerment process
- Long-term positive changes in societal attitudes towards gender roles.
- Creation of a more inclusive and equitable society.

HoD

HoD, Department of Education
Jatindra-Rajendra Mahavidyalaya
Amtala, MurshidabadI.Q.A.C
Coordinator
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

TIC

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

11. Evidence: Photographs of that Event.

Some Photographs of the Seminar:



[Signature]

HoD

**HoD, Department of Education
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad**

[Signature]

IQAC
Coordinator
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

[Signature]

TIC

**Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad**

Jatindra Rajendra Mahavidyalaya

"One day State Level Seminar"

Topic : Technology And Stress -A dynamic Relationship

Key Speaker :Dr . Binayak Chanda

Organised By Department Of Education ,Venue : Seminar Hall ,JRM

Sem : Date :22-04-2022

Students Attendance Sheet

Sl	Signature Of students
1	Sayeba Khatun
2	Toufik Sahapa Banu
3	Sahinur Khatun
4	Sohana Mondal
5	Rubina Khatun
6	Riya Parvin
7	Masum Reja Mondal.
8	Agni Bho Am.
9	Ananya Ghosh
10	Aliti Mondal
11	Mante Mondal
12	Soumi Ghosh
13	Pethi Halder
14	Prinyanka Ghosh
15	Shraboni Choudhury
16	Tanias Sakha
17	Disha Ghosh
18	Nikita Mondal
19	Krishna Mondal
20	Shreyoshi Chakraborty.
21	Farhana Jeemin
22	Bebinaj Khatun
23	Roja Renu
24	Mali Khatun
25	Rubina Khatun
26	Aysha Siddika
27	Samima Banu.
28	Sohana Khatun

Sujal Sanyal
22/04/22
HoD, Department of Education
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

"One day State Level Seminar"

Topic : Technology And Stress -A dynamic Relationship

Key Speaker :Dr . Binayak Chanda

Organised By Department Of Education ,Venue : Seminar Hall ,JRM

Sem : Date :22-04-2022

Students Attandance Sheet

Sl Signature Of students

29 Nazrin parvin

30 Benjir Sultana

31 Sonita Khatun

32 Sonia Khatun

33 Romana Mandal

34 Nayan mani Khatun

35 Sapia Khatun

36 Mibra Biswas

37 Rimi Haldar

38 Beauty Mandal

39 Mallika Khatun

40 Asminnara Khatun

41 Sarmin Khatun

42 Sunya parvin

43 Riya Ghosh

44 Amia Baner

45 Reema Khatun

46 Salma Khatun

47 Bineta Karmakar

48 Mandita Pramanik

49 Trisha Pal

50 Riya Pal

51 Poppi Halder

52 Fulsura Khatun

53 Munni Halder

54 Swija Parvin

55 Tamanna Khatun

56 Sabana Yeasmin

Signed Saran
22/04/22

"One day State Level Seminar"

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Key Speaker :Dr . Binayak Chanda

Organised By Department Of Education , Venue : Seminar Hall , JRM

Sem : Date :22-04-2022

Students Attendance Sheet

Sl Signature Of students

59 Udayan Mandal

60 Deb Das

61 Akash Das

62 Dipayan Pal.

63 Satin Biswas

64 Roshan Mandal

65 Yusuf Mandal

66 Toufik Hasan

67 Akbar Hameed Sheikh

68 Sohel Rana Mandal

69 Abdul Keffar Sardar

70 Moumita Sarmakar

71 Sahib Anwar Mandal

72 Priyanka Ghosh

73 Aji Sheikh

74 Hafiza Khatun

75 Saged Hossain Mandal

76 Rohan Islam Sheikh

77 Akbaruddin - Hossain.

78 Nosima Khatun

79 Shikha Khatun

80 Samima Khatun

81 Rokiya Khatun

82 Sultana Khatun.

83 Bristi Khatun

84

85

86

Sybil Samra
22/04/22
HoD, Department of Education
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad