

# VEDANTIC APPROACH TO STRESS MANAGEMENT: A MOTIVATIONAL WEBINAR

**JUNE 27, 2020 | 3:00 PM - 4:30 PM**  
**ZOOM CLOUD MEETING**

**Swami Mahaprajnananda**

**Vice Principal (Offg.)**

**Ramakrishna Mission Vidyamandira  
Belur Math**



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**OR**

**Meeting ID: 873 4221 6530**

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**<https://www.youtube.com/channel/UCZ3hy-rQEr3LDUGZiJvIqYw/featured>**

**Organised by**

**Dept. of Zoology, Chemistry, Botany & Physics  
(Under DBT-Star College Scheme, Govt. of India)  
Surendranath College, 24/2 M.G. Road, Kol - 700 009**

**CONTACT US - [sncwebinar@gmail.com](mailto:sncwebinar@gmail.com)**



## **Activity Report**

**Name of Event:** Outreach Webinar held on 27th June 2020

**Topic -** Vedantic approach to Stress Management

**Invited Speaker:** Swami Mahaprajnananda maharaj  
Ramakrishna Mission Vidyamandira  
Belur Math

**Date:** 27/06/2020

**Time:** 3.00 pm to 4.30 pm

**Webinar Platform:** Zoom Cloud Meeting Platform

**Organized by:** IQAC, Surendranath College

**Number of Participants:** 116

**Summary:** The webinar had been organized by IQAC, Surendranath College with the four Departments

Botany-Zoology-Chemistry-Physics under the DBT-star college scheme on the online Zoom

platform by the speaker Swami Mahaprajnananda maharaj, Vice Principal of Belur Vidyamandir.

The session was started by the welcome address by our Principal Dr. Indranil Kar and the speaker was introduced by Prof. Asok Kumar Das, Dept. of Physics.

The speaker formally started his deliberation dividing into three parts namely, 1. What is stress according to Vedanta? 2. What is the wayout to overcome the stress? 3. How can one practise those ways in reality? Swamiji discussed the different nature of Stress including the

then pandemic situation created by Covid-19. He stressed the actual nature of any kind of pain-sorrow or pleasures, as declared by Vedanta, is nothing but the mental state which appears and

disappears and therefore not real and the only reality of any human being is the Witness / Soul

who observes those mental phenomena. So one should not identify himself with his mind as real nature.

Finally, the speaker talked about the ways to overcome the problems faced by us. The first thing

to be practiced, as he said, is to take pure foods through the different senses so that our internal

organ mind becomes less agitated by the external stimuli. Another thing can be practiced

to  
serve the society at large in selfless manner and then one can achieve the contentment  
state of  
mind in all odd situations that is stress free mind.

Finally, the IQAC Coordinator gave the vote of thanks after the question answer  
session and the program ended.

**YouTube Link:** <https://youtu.be/FTwAczX99DA>

**Event Flyer link:**

[https://drive.google.com/file/d/1Kt3STZvD22uCWh25Nw8ALB5dW1eVtQw\\_/view?usp=sharing](https://drive.google.com/file/d/1Kt3STZvD22uCWh25Nw8ALB5dW1eVtQw_/view?usp=sharing)

**Certificate of Speaker:**

**Sample Certificate of**

**student:** [https://drive.google.com/file/d/1q8j3zPzNEWzrfkLuA7QuG-\\_\\_HtEvZueN/view?usp=sharing](https://drive.google.com/file/d/1q8j3zPzNEWzrfkLuA7QuG-__HtEvZueN/view?usp=sharing)

# Vedantic Approach to Stress Management: A Motivational Webinar

Organized by  
Department of Zoology, Chemistry, Botany & Physics  
(Under DBT-Star College Strengthening Scheme, Govt. of India)



Surendranath College  
24/2 M.G.Road, Kolkata-700009

## CERTIFICATE OF PARTICIPATION

This is to certify that Abhilasha Poddar  
of Surendranath Day College has participated in the  
“Vedantic Approach to Stress Management: A Motivational Webinar” on June 27<sup>th</sup>, 2020.

**Dr. Suchandra Chatterjee**  
Co-ordinator

DBT-Star College Strengthening Scheme



**Dr. Indranil Kar**  
Principal