

KU holds workshop on time, stress management for staff



Srinagar, Nov 30: To address the challenges faced by the staff in managing time and stress effectively in their daily lives and work, the Centre for Capacity Building & Skill Development (CCBSD), University of Kashmir, organised a one-day workshop cum orientation programme on 'Time and Stress Management'

The workshop was organized for the ministerial staff of the campus to improve their skills in managing time effectively, reduce stress and improve the overall work performance.

Speaking at the valedictory session, Dean School of Open Learning KU, Prof. Mushtaq Ahmad highlighted the importance of such capacity-building initiatives for the staff.

"It is essential to organize such programmes regularly to help our staff improve their personal and professional lives," he remarked.

Dean School of Business and Management Studies Prof. Mushtaq Darzi, who was the resource person for the workshop stressed on the importance of time management and shared practical techniques for managing time effectively in both professional and personal life.

"Time management is a key to productivity and it helps individuals balance their responsibilities while reducing stress," he noted.

Earlier, in his welcome address, Director CCBSD KU, Dr. Aadil Bashir emphasised the importance of such workshops and orientation programmes for the working professionals.

“Time and stress management are crucial skills for every professional. This programme will help staff enhance their work efficiency and maintain a healthy work-life balance,” he said.

The event featured expert speakers including Dr. Waseem Kakroo, clinical psychologist at IMHANS, Srinagar, and Dr. Mismah Rafiq, research scientist, who led the sessions on managing stress and building resilience.