



# HOLY CROSS COLLEGE

Agartala, Tripura West

## WORKSHOP ON

# 'Positive Affirmation and Stress Management'



**Date: 04<sup>th</sup> March, 2025**



**HCC Seminar Hall (G8)**



*organised by*

**The Department of Business Administration  
Holy Cross College, Agartala**

### *Resource Persons*

**Dr. Abir Lal Nath**

Assistant Professor,  
Department of Neurology,  
Agartala Govt. Medical College  
(AGMC).

**Mr. Subroto Shome**

CEO, Balaji Group

**Ms. Debanjana Mukherjee**

Assistant professor  
Dept. of Psychology,  
Holy Cross College, Agartala.

**Registration Fee: Rs. 50/-**

Certificate will be provided to the registered participants

Registration Fee to be paid to

HOLY CROSS COLLEGE  
Federal Bank, Agartala Branch  
A/c No.- 19650100000992  
IFSC- FDRL0001965  
UPI: holycrossclg@fbl

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**Workshop Report on "Positive Affirmations and Stress Management"**  
**Date: 4th March 2025**  
**Organized by: Department of Business Administration, Holy Cross College, Agartala**

**Introduction:**

The Department of Business Administration organized a one-day workshop on "Positive Affirmations and Stress Management" on 4th March 2025. The event aimed to provide students with practical insights and techniques to manage stress effectively through the power of positive affirmations, fostering mental well-being and emotional resilience.

**Participation:**

The workshop witnessed the enthusiastic participation of 142 students from various departments, including:

- Department of Business Administration (BBA and MBA)
- Department of Psychology (BA Psychology)
- Department of Kokborok (BA Kokborok)
- Department of Economics (BA Economics)

This diverse participation enriched the workshop through vibrant discussions and shared experiences from different academic backgrounds.

**Workshop Schedule and Proceedings:**

Time	Session	Facilitator(s)
10:00 – 10:15 AM	Introductory Session	Fr. Benny K John, CSC
10:15 – 10:25 AM	Introducing the Speaker	Puja Mog & Kushik Reang
10:25 AM – 12:30 PM	Session on Positive Affirmations and Stress Management	Mr. Subroto Shome
12:30 – 12:35 PM	Vote of Thanks (Session 1)	Dipanjana Chowdhury
12:35 – 1:30 PM	Lunch Break	-
1:30 – 1:35 PM	Introducing the Speaker	Puja Mog & Kushik Reang
1:35 – 3:30 PM	Session on Integrating Affirmation into Daily Life	Mrs. Debanjana Mukherjee
3:30 – 3:50 PM	Feedback Collection & Q&A Session	Mr. Subhajit Paul
3:50 – 4:00 PM	Vote of Thanks (Session 2)	Convenor

**Session Highlights:**

**Introductory Session:**

The workshop commenced with opening remarks from Fr. Benny K John, CSC, who highlighted the importance of mental health in academic and professional life. He emphasized the relevance of positive affirmations as a tool to combat daily stressors.

**Session on Positive Affirmations and Stress Management:**

Mr. Subroto Shome conducted an interactive and insightful session focusing on the significance of self-talk, positive mindset, and practical stress management techniques. He shared real-life scenarios and led participants through exercises that demonstrated the power of affirmations in transforming negative thoughts into positive outcomes.

**Session on Integrating Affirmations into Daily Life:**

Mrs. Debanjana Mukherjee shared strategies for seamlessly embedding affirmations into everyday routines. Her session emphasized consistency, mindfulness, and creating personalized affirmations. Participants engaged in group activities to draft their own affirmations tailored to their individual goals and stress points.

**Feedback Collection & Q&A:**

Mr. Subhajit Paul facilitated an interactive feedback session where participants shared their takeaways from the workshop. The Q&A session allowed attendees to clarify doubts and seek expert advice on handling specific stress-related situations.

**Outcomes of the Workshop:**

- Enhanced understanding of positive affirmations and their role in mental well-being.



- Practical tools to manage academic and personal stress.
- Increased awareness of the need for regular mental health practices.
- Active student participation and engagement throughout the sessions.

### Conclusion:

The workshop was a resounding success, providing attendees with a well-rounded understanding of stress management through positive affirmations. The Department of Business Administration extends sincere gratitude to all the resource persons, coordinators, and participants from various departments for making the event fruitful and impactful.

### Prepared by:

S. Sengupta  
04/03/25

Smt. Sayanika Sengupta  
Coordinator

&  
&

R. Debroy  
04/02/25

Dr. Rakesh Debroy

Jt. Coordinator of the Workshop

**Note: 138 registered participants and 4 students attended the programme without formal registration.**

### Enclosure:

1. Statement of Income and Expenses
2. Attendance list (page 1 to 7)
3. Application and Approval Letter of the event.
4. Sample copy of certificate.

### Images of the event:





Registration for Workshop on  
Positive Affirmation and Stress Management (04-03-2025)

Sl. No.	Name	Semester & Dept.	WhatsApp No.
1.	Arkadeep Das	BBA 4th sem	8413866588
2.	Shirpanjana chowdhury	BBA 2nd sem	6009459823
3.	Debadatta Sarkar	BBA 1st sem	9612244787
4.	Samriddhi Ray	BA Psychology 1st Sem	6909570936
5.	Panchu Das	BA Psychology 1st sem	8257932870
6.	Sukam Saha	BBA 2nd sem	7005967290
7.	Pinak Biswas	BBA 2nd sem	8731895072
8.	Arunadip Ghosh	BBA 2nd sem	9080101637
9.	Pipasha chowdhury	BBA 2nd sem	8014225834
10.	Johnny Hrangkhawl	BBA 2nd sem	8837264883
11.	Sagada Das.	BBA 2nd sem	0485013335
12.	Saptadcepa Debnath	BBA 2nd sem	8794767612
13.	Deepshikha Das	BBA 2nd sem	8837434344
14.	Nupur Das	BBA 2nd sem	6009843299
15.	Sarmistha Datta	BBA 2nd sem	9863154048
16.	Md. Sabbir Hossain	BBA 2nd sem	7629916270
17.	Chayan Debbarma	BBA 2nd sem	9862837164
18.	Rajdeep Debnath	BBA 2nd sem	7085609790
19.	Anwesha Chakrabarty	B.A Psychology 1st Sem	9366118778
20.	Sourav Namasudha	BBA 2nd Sem	9366155112

Sl. No.	Name	Semester & Dept.	WhatsApp No.
1.	Sreyasi Paul	Psychology, 1st semester	9033116082
2.	Bipasha Chakrabarti	Psychology, 1st semester	7005425367
3.	Aishree Debbarma	Psychology, 1st semester	8787379395
4.	Bipasha Das	B.B.A., 4th semester	7085917283
5.	Sahyan Das	B.B.A., 4th semester	9774279559
6.	Jokial Debbarma	BBA 2nd semester	8837316729
7.	Sujat Debbarma	BBA 2nd semester	9862678043
8.	Aditiya Kalai	BBA, 2nd semester	7085672529
9.	Abhijit Debbarma	2nd Semester	7085772252
10.	Krishesh Tripura	2nd sems	6009309859
11.	Dipal Jamatia	2nd Sem	8837463949
12.	Eliot Jamatia	2nd semester	9378145735
13.	Nainig Jamatia	2nd semester	9865598855
14.	Khatun Jamatia	2nd semester BBA	6009381453
15.	Aniket Ku	2nd semester BBA	9863403005
16.	Aditi Roy	2nd semester MBA	7085157318
17.	Barsha Saha	2nd semester MBA	8413867993
18.	Liza Saha	2nd Sem MBA	9863629370
19.	Puja Karanakar	2nd Sem MBA	9366615093
20.	Simran Banik	2nd Sem MBA	8787802857
21.	Sagar nil Talukdar	2nd Sem MBA	8259832403



Sl. No.	Name	Semester & Dept.	WhatsApp No.
1.	Donkid Saha	Sem-4 <sup>th</sup> (BBA)	98638984301
2.	Subham Saha	" (BBA)	983366328552
3.	Priddam Roy	" "	9863093183
4.	Shrey a Saha	" "	87945276055
5.	Mou Samkar	" "	8413850361
6.	Pania Saha	" "	7005508771
7.	Ashit Reang	3 <sup>rd</sup> Sem (BBA)	9233617484
8.	Joseph Debbanma	" " "	9863098932
9.	Anikol Debbanma	4 <sup>th</sup> Sem (BBA)	8794925711
10.	Anil Debbanma	4 <sup>th</sup> Sem (BBA)	9863645004
11.	Bishal Debbanma	4 <sup>th</sup> Sem (BBA)	8794429108
12.	Sneha Bhawmik	5 <sup>th</sup> sem (BBA)	9362643252
13.	Ritika Roy	6 <sup>th</sup> Sem (BBA)	9774149126
14.	Kashmiri Saha	6 <sup>th</sup> sem (BBA)	7085708493
15.	Rubel Debbanma	3 <sup>rd</sup> sem (BAEC)	8914937619
16.	Suchanda Debnath.	4 <sup>th</sup> Sem (BBA)	8787604750
17.	Chitrila Key.	4 <sup>th</sup> sem (BBA)	9366579248
18.	Susmita shome Bhawmik	4 <sup>th</sup> sem (BBA)	9366641969
19.	Tushar saha	4 <sup>th</sup> sem (BBA)	8256940598
20.	Safiqul Islam	4 <sup>th</sup> sem (BBA)	8798661002
21.	Akash Jannatia	3 <sup>rd</sup> (BAECO) Sem	8787661026

**Registration for Workshop on  
Positive Affirmation and Stress Management (04-03-2025)**

Sl. No.	Name	Semester & Dept.	WhatsApp No.
1.	Libia Debbarma	3 <sup>rd</sup> Economics	8837350206
2.	Tusha Saha	4 <sup>th</sup> BBA	9862805772
3.	Sankhasree Dey	4 <sup>th</sup> BBA	8131984382
4.	Sekhar Samanta	4 <sup>th</sup> BBA	6009960532
5.	Sagar Debbarma	4 <sup>th</sup> BBA	9366662091
6.	Raida Debbarma	4 <sup>th</sup> BBA	9366783716
7.	Joshua Debbarma	4 <sup>th</sup> BBA	9860381839
8.	Tangmai Samanta	6 <sup>th</sup> BBA	8113014678
9.	Subhanshu Reang	6 <sup>th</sup> BBA	8837221894
10.	Diksha Debbarma	6 <sup>th</sup> BBA	9612608789
11.	Rayan Singha Ray	6 <sup>th</sup> BBA	7628976974
12.	Rishita Debbarma	6 <sup>th</sup> BBA	7085606459
13.	Sharmistha Madala	6 <sup>th</sup> BBA	9863759370
14.	Deepjyoti Das	6 <sup>th</sup> BBA	9774199156
15.	Deepraj Majumder	6 <sup>th</sup> BBA	9863113107
16.	Rulling Debbarma	4 <sup>th</sup> BBA	6009667546
17.	Sohel Debbarma	4 <sup>th</sup> BBA	7860827279
18.	US Prangsu Debbarma	4 <sup>th</sup> BBA	8258968976
19.	Filimon Reang	4 <sup>th</sup> BBA	6909980585
20.	Vibek Debbarma	6 <sup>th</sup> BBA	6009101664
21.	Raina Debbarma	6 <sup>th</sup> BBA	6009820769
22.	Agnestia Debbarma	6 <sup>th</sup> BBA	7233107027-
23.	Rehana Debbarma	6 <sup>th</sup> BBA	9366157420
24.	Mercy Kalai	6 <sup>th</sup> BBA	9366491961



Sl. No.	Name	Semester & Dept.	WhatsApp No.
1.	Aditya Toppo	2nd, BBA	7629882730
2.	Mahi Deb	2nd, BBA	9362824005
3.	Payel Reang	2nd, BBA	6009212860
4.	Leza Debbasma	2nd, BBA	6009973570
5.	Azi Jamalia	2nd, BBA	8787727652
6.	Disha Triपुरa	2nd, BBA	9362248448
7.	Simlalehim Halam	2nd, BBA	9863610526
8.	Purba Debbasma	2nd, BBA	6009880044
9.	Amos Darlong	6th, BBA	9366458103
10.	Denzil Halam	2nd, Eco	6009702888
11.	Bijesh Debbasma	6th, BBA	8837446820
12.	Shyan Debbasma	6th, BBA	9774317294
13.	Supnatik Sarkar	2nd MBA	8837488334
14.	Rajkumar Debnath	2nd MBA	8787495053
15.	Simon Jametia	2nd MBA	9612306949
16.	Dipayan Debbasma	2nd MBA	7085762873
17.	Dijitoy Paul.	2nd MBA	7085968919
18.	Tuheli Debbasma	2nd MBA	9362529226
19.	Laila Debbasma	2nd MBA	9366131687
20.	Sayen Debbasma	2nd, BBA	9366484141
21.	Zeena Halam	2nd BBA	6009919414
22.	Tenny Darlong	2nd BBA	9366735172
23.	Nitya Krishna Rai	2nd, BBA	9233412636
24.	Rohit Roy	6th BBA	9863112670
25.	Subhadeep Bora	6th, BBA	8731904680
26.	Kushik Reang	4th BBA	8787509673
27.	Puja Mog	6th, BBA	8798829692



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