



Date: 17/11/2025

Event: National Seminar

Theme: “Navigating Stress in the Transitional Phase of Youth”

Detail Description about the event:

The Department of Psychology successfully organized a National Seminar on “**Navigating Stress in the Transitional Phase of Youth**” on 17th November 2025. The seminar aimed to explore the psychological challenges faced by youths during their transitional phases from adolescence to early adulthood. The event provided a platform for academicians and students to discuss stress management strategies and mental health awareness.

The seminar was formally inaugurated by **Dr. Durga Sankar Das**, Principal of Bhadrak Autonomous College, who also served as the Patron of the event. In his inaugural address, Dr. Das highlighted the importance of mental well-being in academic and personal growth, especially during formative years. The event drew the participation of approximately 95 delegates, comprising faculty members and students, underscoring the growing interest in youth mental health and psychological resilience. The seminar was coordinated by **Dr. Akshaya Kumar Das**, Head and Assistant Professor, Department of Psychology.

Dr. Suvashisa Rana, Associate Professor, Centre for Psychology, School of Medical Sciences, University of Hyderabad (Central University), graced the occasion as the **Chief Guest**. In his address, he emphasized that the period of youth (emerging adulthood) is characterized by heightened neuroplasticity (making it particularly sensitive to experiences and environmental influences), academic competition, uncertainty about careers, social comparison, social expectations, and the influence of social media. Dr. Rana emphasized the significance of institutional support systems and the creation of psychologically safe spaces for the youths to navigate the transitional stress effectively.

Dr. NDS Naga Seema, Associate Professor, Centre for Psychology, School of Medical Sciences, University of Hyderabad (Central University), delivered the **Keynote Address**. Her presentation provided a comprehensive overview of stress management and its impact on both academic and personal well-being. By involving students actively, she demonstrated several important techniques that they could follow in their day-to-day lives to manage stress effectively. Her live demonstration of stress management techniques was the most distinctive highlight of this national seminar. She also encouraged students to express themselves rather than suppress their thoughts and to seek professional help when needed without stigma.

The National Seminar on “**Navigating Stress in the Transitional Phase of Youth**” concluded on a high note, leaving participants enriched with valuable insights and practical strategies to address youth stress. The Department of Psychology reaffirmed its commitment to fostering mental health awareness and academic excellence through such scholarly engagements.

Organising Committee:

Dr. Durga Sankar Das. Principal (Patron)

Dr. Akshaya Kumar Das, HOD, Assistant professor of Psychology (Convenor)

Dr Hansita Ojha, member, Department of Psychology

Mrs Nibedita Mohapatra, member, Department of Psychology

Mr Choudhury Ramyaranjan Routray, member, Department of Psychology

Ms. Swatismiskshya Nayak, member, Department of Psychology

Ms. Swati Sanghamitra Lenka, member, Department of Psychology

Sri Sadananda Mohapatra, member, Department of Psychology

