

Press Note 18.10.2023

**IARI-Eminent Expert
Lecture Series**

**Prof. Derick H. Lindquist
delivered a lecture on Stress
and Coping Skills**

On October 18, 2023 at 11.30 AM at the Dr. B.P. Pal Auditorium of the ICAR-Indian Agricultural Research Institute, Prof. Derick H. Lindquist, the esteemed Dean of the Jindal School of Psychology & Counselling, gave a talk on Stress and Coping Skills as part of the IARI-Eminent Expert Talk Series. The Student Service Centre and the IQAC, Indian Agricultural Research Institute,

New Delhi, jointly organized this session. The guests were cordially welcomed by Dr. Anil Sirohi, MOHR of The Graduate School at ICAR-IARI, New Delhi, who also gave a succinct outline of the importance of stress management approaches for increasing workplace productivity. On behalf of Director IARI and whole IARI family, Dr. Anupama Singh, Joint Director (Education) and Dean of The Graduate School at ICAR-IARI, New Delhi, heartily greeted and presented the distinguished speaker Prof. Derick H. Lindquist. The well-known American psychologist is currently the dean of the Jindal School of Psychology &

Counselling and the director of the Emotion and Cognitive Research Centre at the O. P. Jindal Global University in Haryana.

Prof. Derick H. Lindquist focused on effective stress management and coping skills that may be used to improve wellness in both the workplace and daily life. He began his speech by acknowledging World Mental Health Day, which was observed on October 10th. He clarified the function of the human brain and how people behave. The various stresses depending on real and perceived threat were also covered. The specific cause of daily stress was

identified with the use of the stress performance curve. Also highlighted were the signs and symptoms of several types of stress, including chronic and acute stress. Finally, the lecture was completed with an awareness of the many methods for dealing with job stress and a strong recommendation to incorporate physical coping mechanisms into daily life in order to increase productivity. An engaging question-and-answer period followed the lecture to further the debate. This insightful programme provided over 300 attendees with insightful learning opportunities. At ICAR-IARI, New Delhi, the IQAC and

IARI Student Service Centre worked together to create the programme. The programme was directed by Dr. Anil Dahuja, the Coordinator of IQAC at ICAR-IARI, New Delhi, who also expressed appreciation on behalf of the organizing group.