

STRESS MANAGEMENT UNDER COVID- 19 SITUATION (Batch -3)

Webinar on “STRESS MANAGEMENT UNDER COVID- 19 SITUATION” (Batch-3) were conducted on 09th September 2020. 81 participants from different Government Departments had attended the course.

Following issues were discussed in the Webinar:

Session I : Covid & Stress

- a. Vulnerability towards stress & its physiological effect
- b. Occupational hazards during this time
- c. Problems at the domestic front
- d. Assessment/ Feedback

Session II : Techniques to overcome stress

- a. Relaxation & it's effect on de-stress
- b. Demo on relaxation technique
- c. Demo on concentration exercise (focusing) / Mind focusing demo
- d. Feedback / feelings

Dr. Suchismita Sinha, Clinical Psychologist and former HOD, Dept. Of Psychology, Sarojini Naidu College for Women & President “Institute of Stress Management” along with Mrs. Shatabhisha Chatterjee, Clinical Psychologist & Expert in “Dialectical Behavior Therapy” from Linehaan Institute, Washington, DC were the main presenters.

The Webinar was coordinated by Dr. Subhrajyoti Ray WBAS(Admn), Faculty, ATI