

## **Webinar On “Stress Management Under Covid- 19 Situation (Batch -II)”**

A Webinar on “Stress Management Under Covid- 19 Situation” (Batch-II) was conducted on 06<sup>th</sup> August 2020. 119 Government Officials took part in this course.

A brief overview about stress & it’s different facets in general along with its importance in this pandemic context were explained by the Course Coordinator, Dr. Subhrajyoti Ray.

Two eminent experts, i.e Dr. Suchismita Sinha – Clinical Psychologist and former HOD, Department of Psychology, Sarojini Naidu College for Women & President – “Institute of Stress Management” along with Dr. Shatabhisha Chatterjee - Clinical Psychologist & Expert in “Dialectical Behavior Therapy” from Linehaan Institute, Washington, DC were the main presenters that day.

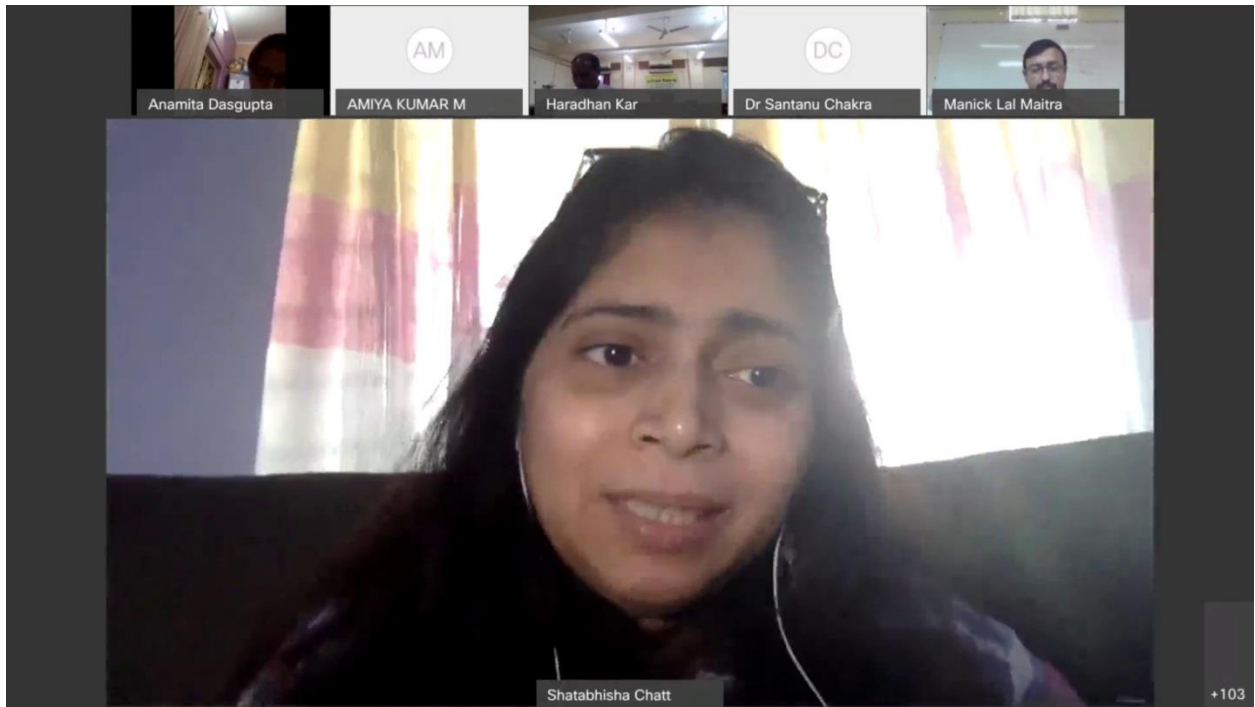
The session wise issues discussed were –

Session – I : **Covid & Stress** –

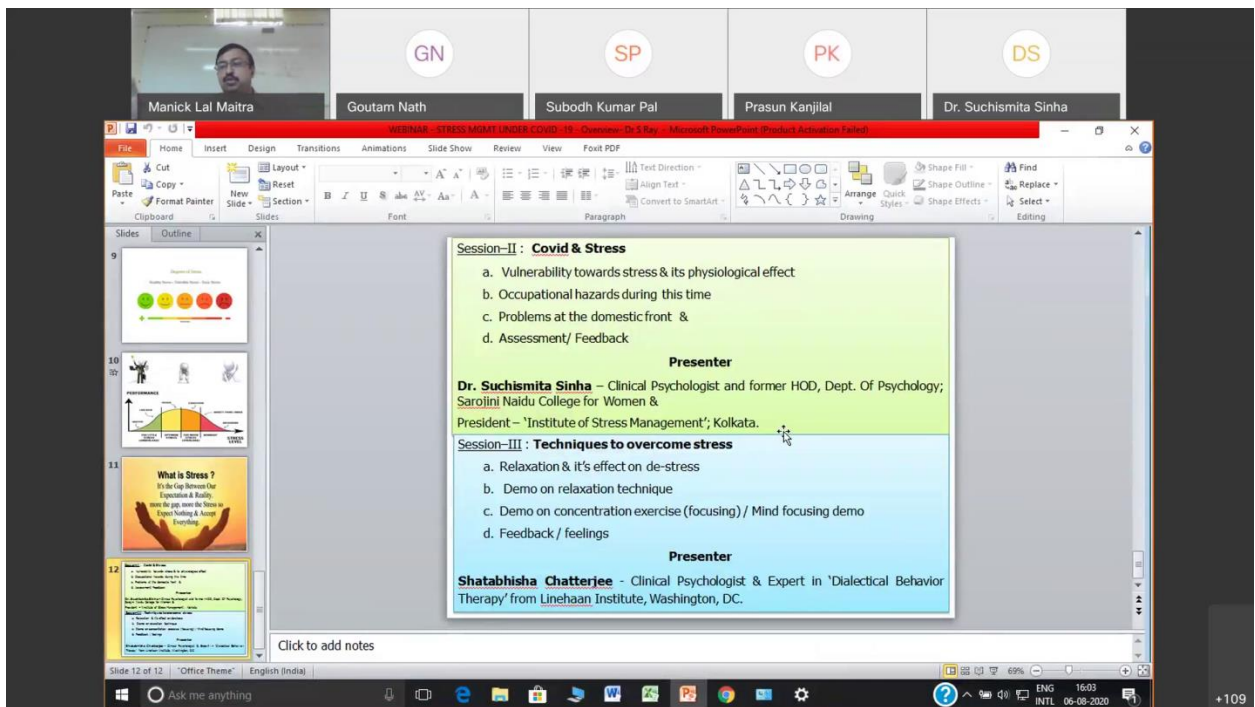
- a. Vulnerability towards stress & its physiological effect
- b. Occupational hazards during this time
- c. Problems at the domestic front
- d. Assessment/ Feedback

Session –II : **Techniques to overcome stress (45 min)** –

- 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. Shatabhisha Chatterjee, Clinical Psychologist taking session.



A ppt from the session.