WEBINAR ON 'STRESS MANAGEMENT UNDER COVID- 19 SITUATION'
(Batch - 3)

Organised By – Administrative Training Institute; Salt Lake; West Bengal

Course Director : Dr. Subhrajyoti Ray WBAS (Admin)

Entry Behaviour

- TARGET PARTICIPANTS : **Govt. officials of any category**
- Number : Flexible

Training Objective

- At the end of training the participants will be able to find out the root of stress (personal & occupational) during the Covid-related situation & also able to manage in an effective manner.

Proposed Date : 09.09.2020

LEARNING EVENT

Proposed Sessions : **2 (Two) – i) 3pm – 3.45 pm   & ii) 4 pm - 4.45 pm**

- **A. Session - I**
  - 1) **Covid & Stress (Time : 45 min**) –
    - a. Vulnerability towards stress & its physiological effect
    - b. Occupational hazards during this time
    - c. Problems at the domestic front
    - d. Assessment/ Feedback
- **B. Session - II**
  - 2) **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

Media Platform : Cisco Webex

Method: Lecture, Discussion, Demonstration, Activities etc.

Resource persons (Proposed): i) **Dr. Suchismita Sinha** – Clinical Psychologist and HOD, Dept. Of Psychology; Sarojini Naidu College for Women & President–'Institute of Stress Management'. ii) **Dr. Shatabhisha Chatterjee** - Clinical Psychologist & Expert in 'Dialectical Behavior Therapy' from Linehaan Institute, Washington, DC

Assessment: 'Google Form' will be used for summative assessment, course evaluation and faculty feedback. Webex platform may be used for activities/MCQ & session feedback

All participants are requested to register his/ her name through the website link of ATI. Conformation mail will be sent subsequently. Please note that, during these two sessions, all participants will have to participate with **"video on"** & **"audio off"** mode. Audio can be opened only in specific need/ during discussion/ feedback.

Certificate will be provided to all participants after successful completion of all the sessions.