

BRIEF REPORT OF WEBINAR

Resource person: Dr. Anila

Platform: Google meet

Date: 15-07-2021

Time: 7pm

Webinar topic: Stress Management & Yoga

MAR BASELIOS CHRISTIAN
COLLEGE OF ENGINEERING & TECHNOLOGY
KUTTIKANAM, PEERMADE

DEPARTMENT OF
ELECTRICAL AND
ELECTRONICS
ENGINEERING

STRESS MANAGEMENT & YOGA

SPEAKER

Online
WEBINAR

15th-AUG-2021
07 PM

DR. ANILA
Kottakal Arya Vaiydhayshala

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More Info :
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The pandemic is stressful for ordinary people as well as professionals and also created more fear and anxiety among adults and children. However, there are certain actions that are necessary to curtail the negative impacts of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger. Everyone reacts differently to stress full circumstances, So how you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. So how to manage all these factors in personal life as well as in professional life is elucidated via this webinar.

Mental health is significant in overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency. Creates networks of social aid, social connections are important to our emotional well-being, especially in times of stress.

Program arranged and report

Approved by:

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22-07-2021

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