

Report on One Day Webinar on
“Stress Management during Crisis” held on June 6, 2020
held online through Google Meet

Under the umbrella of Delhi School of Professional Studies and Research (DSPSR), IQAC organized One Day webinar on the topic ‘Stress Management during Crisis’ on Saturday, June 6, 2020 which was attended by total 92 participants from all across India including.

The session started with a welcome note by Ms. Simran Kaur, Assistant Professor and Psychologist, DSPSR, flowed by live polling amongst the participants. Later she extended warm welcome to the Director, DSPSR Prof. (Dr.) G. S. Popli for delivering the session on the topic “Major stressors during Pandemic COVID 19” The second session was taken by Prof. (Dr.) Sima Kumari, Professor & Dean, DSPSR was on the theme “Mental Health of Students during Pandemic COVID 19.” This Session was followed by third session on the theme “6 Critical Skills to deal with stress and anxiety during Pandemic COVID 19”, delivered by Ms. Simran Kaur.

The participants were completely engaged in all three live polls which were conducted between the sessions, as well as the live question and answers sessions. This webinar provided a framework and helped participants to build a set of approaches for managing their stress related to COVID-19. Stress-reduction and instructional strategies were also discussed.

The webinar ended on the note that “As humans we all should try to lift each other up in situations like this current pandemic.”

