



Maratha Vidya Prasarak Samaj's
Arts and Commerce College, Vadner Bhairav (Chandwad)
District Nashik (MS)

Department of Psychology

(Counselling Center)

Webinar on Stress Management of Covid-19 Report

Date – 2nd May 2020

Maratha Vidya Prasarak's Arts and Commerce College, Vadner Bhairav conducted Webinar on "Stress Management" under the Psychology Department on 2nd May 2020. On this webinar Principal Dr. P. V. Rasal Arts Commerce & Science College, Trambakeshwar, Nashik. Was presence as chief Guest and Lecturer.

Principal A. L. Bhagat give opening remarks on the webinar. He was also introducing guest lecturer.

Following are objective of the "Webinar on Stress Management of Covid-19".

1. To guide students how to protect yourself and others form Covid-19
2. The goal of webinar on stress management of Covid-19 to know strategies to cope with stress, anxiety or distress to student.
3. To assist students to acknowledge their feelings about Covid-19 and how to channelize their emotion into something creative (e.g. Drawing, painting, poetry, music, Reading)
4. To guide students how to maintain day – to – day activities and a routine as much as possible. For positive impact on thought and feelings.
5. To remember students that physical distancing does not need to mean social disconnection.

Thus the programme was successfully concluded.



(Prof. Madhuri Patil)

Head Counsling Center



(Prin. A.L. Bhagat)

PRINCIPAL
Arts & Commerce College.
Vadner Bhairav
Tal. Chandwad (Nasik)