

Health & Counselling Centre

Webinar on Emotional Awareness & Coping Skills

2nd November, 2022
11.00 am to 12.00 pm

Ms. Manali Naik
Convener – Health & Counselling Centre

Dr. Pratima Singh
Principal

Resource person : Mr. Albert Francis – Image Consultant

Zoom Link will be provided prior in the group only

Chandrabhan Sharma College of Arts, Science & Commerce
Powai Vihar, Powai, Mumbai-400076

Report on webinar conducted by the Health & Counselling Cell 2nd November, 2020

The Health & Counselling Cell of Chandrabhan Sharma College of Arts, Science & Commerce organized Webinar on “**Emotional awareness and coping skills**” with the objective to encourage the students during the pandemic situation and stay focused on the career.

The resource person for the webinar was Mr. Albert Francis – Image Consultant

The programme started with an opening remark delivered by Ms. Manali Naik, Assistant Professor, Department of Mass Media and Convener of seminar organising committee, followed by welcome address from Mr. Umesh Kabadi Assistant Professor, Department of BMS.

Governments all around the world have declared Lockdown with response to the outbreak of the COVID-19 pandemic, by enforcing measures such as social-distancing, quarantine and isolation. These measures can have a significant effect on the student’s mental health. Fear, anxiety, anger, sadness and grief are compounded by being away from college, work, peers, adjusting to new ways of learning and working, as well as fear of losing jobs and family income. Mr. Albert Francis has concluded the session by suggesting the student to remain calm in the pandemic situation and stay focused on the career.

The session ended with a round of discussion and vote of thanks by Mr. Ravi Vishwakarma Assistant Professor, Department of Banking Management.

The Seminar was attended by around 40 participants.