

Women Development Cell

in association with

Hare Krishna Movement

organized an inter-collegiate webinar on

“Stress Management After COVID”

Speaker :

CA. Sressha Govind Das



Mode: Online



Date: 19th August, 2020



Time: 11.30a.m to 12.30 p.m



Ms. Bharati Sridhara
Convenor-WDC

Dr. Pratima Singh
Principal

Report

Women Development Cell of Chandrabhan Sharma College in association with Hare Krishna Movement organized an inter-collegiate webinar on 19th August, 2020 from 11.30 am to 12.30 pm on the topic 'Stress Management After COVID'. The webinar was organized on zoom platform. The main motive of this webinar was to equip students in managing stress and keeping themselves free of anxiety issues. In the question and answer session, students shared the challenges they are facing and received various suggestions and strategies to overcome those.

Around 83 students from various colleges participated in the webinar