Webinar On “Stress Management Under Covid-19 Situation (Batch -II)”

A Webinar on “Stress Management Under Covid-19 Situation” (Batch-II) was conducted on 06th August 2020. 119 Government Officials took part in this course.

A brief overview about stress & it’s different facets in general along with its importance in this pandemic context were explained by the Course Coordinator, Dr. Subhrajyoti Ray.

Two eminent experts, i.e Dr. Suchismita Sinha – Clinical Psychologist and former HOD, Department of Psychology, Sarojini Naidu College for Women & President – “Institute of Stress Management” along with Dr. Shatabhisha Chatterjee - Clinical Psychologist & Expert in “Dialectical Behavior Therapy” from Linehaan Institute, Washington, DC were the main presenters that day.

The session wise issues discussed were –

Session – I: Covid & Stress –
  a. Vulnerability towards stress & its physiological effect
  b. Occupational hazards during this time
  c. Problems at the domestic front
  d. Assessment/ Feedback

Session – II: Techniques to overcome stress (45 min) –
  a. Relaxation & it’s effect on de-stress
  b. Demo on relaxation technique
  c. Demo on concentration exercise (focusing) / Mind focusing demo
  d. Feedback / feelings
Dr. Shatabhisha Chatterjee, Clinical Psychologist taking session.

A ppt from the session.