

Webinar Report

One day National level webinar on “**Managing Stress During Pandemic: New Horizons**”

15.07.2020

Report of the Webinar

One day national webinar organised by the Department of Education in collaboration with IQAC, Rampurhat College, Rampurhat, Birbhum, West Bengal on July 15, 2020, from 11:00 am to 1:30 pm (IST).

The Chief Patron of the Webinar was **Dr. Asish Banerjee**, President of the Governing Body, Rampurhat College and Deputy Speaker, West Bengal Legislative Assembly. **Dr. Arindam Gangopadhyay**, Honourable Teacher Council secretary and Assistant Professor, Department of chemistry, Rampurhat College delivered the welcome address. We had as speakers **Dr. Prarthita Biswas**, Associate Professor and HOD, School of Education, Adamas University, West Bengal and **Dr. Shyamasree Sur**, Head Department of Education, Siddhinath Mahavidyalaya, West Bengal. The event was conducted by **Dr. Saumyajit Acharya**, Assistant Professor, Department of Education, Rampurhat College.

The webinar was primarily held on Google Meet.

Links:-

Google Meet link: <https://meet.google.com/coo-savx-mhg>

The first speaker of the Webinar was **Dr. Prarthita Biswas** and she presented a paper on **Stress Management and Covid-19**. She talked about different ways to manage stresses confront during lockdown period and how people can overcome the stress. She also pointed out that during pandemic situation people needed stress free home environment which help them to be healthy by their mind as well as body. Consultation is very important with doctors and experienced individual if there was any symptoms of Covid-19. She concluded that that a well managed communication needed to introduce between the government and its people.

The second speaker, **Dr. Shyamasree Sur** deal with **Managing Stress During Pandemic: New Horizons**. She spoke about different challenges of stress management in this new horizon. She also stated that in this new horizon people need to be free from any type of stress and therefore all of us need to develop a well concept regarding management of stress.

The two presentations were followed by a lively Question Answer session where the participating students asked intriguing questions to the speakers. At the end, **Dr. Buddhadeb Mukherjee**, Honourable Teacher-in-Charge, Rampurhat College delivered the vote of thanks and declared the ending of the session of this webinar.

Brochure of the Webinar:



