



## Report

<b>Name of the Program / Activity / Event / Others</b>	A webinar on Managing Anxiety and Stress - COVID-19
<b>Date &amp; No. of days</b>	15.05.2021
<b>Organized by</b>	Value Education – Student Induction Program Cell(VE-SIP)
<b>In association with</b>	-
<b>Venue</b>	Online
<b>Participants/ Beneficiaries</b>	Graduate's, Postgraduate's, Academician's and Industrialist's which includes both Internal and External

### Event brief (500 words with photo):

The VE-SIP cell organized A webinar on Managing Anxiety and Stress - COVID-19 on August 15th 2021. The webinar was lead by Dr.E.S.SHAMEEM SULTHANA Associate Professor, PG Department of Computer Science, Bhaktavatsalam Memorial College for Women, Chennai Totally 50 participants attended this webinar.

- The COVID-19 pandemic has had a major effect on our lives
- Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children
- Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety
- Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.
- Stress can cause the following:
  - Feelings of fear, anger, sadness, worry, numbness, or frustration
  - Changes in appetite, energy, desires, and interests
  - Difficulty concentrating and making decisions
  - Difficulty sleeping or nightmares

Dr.E.S. Shameem Sulthana motivated the students how to manage the stress. The session was very interactive.

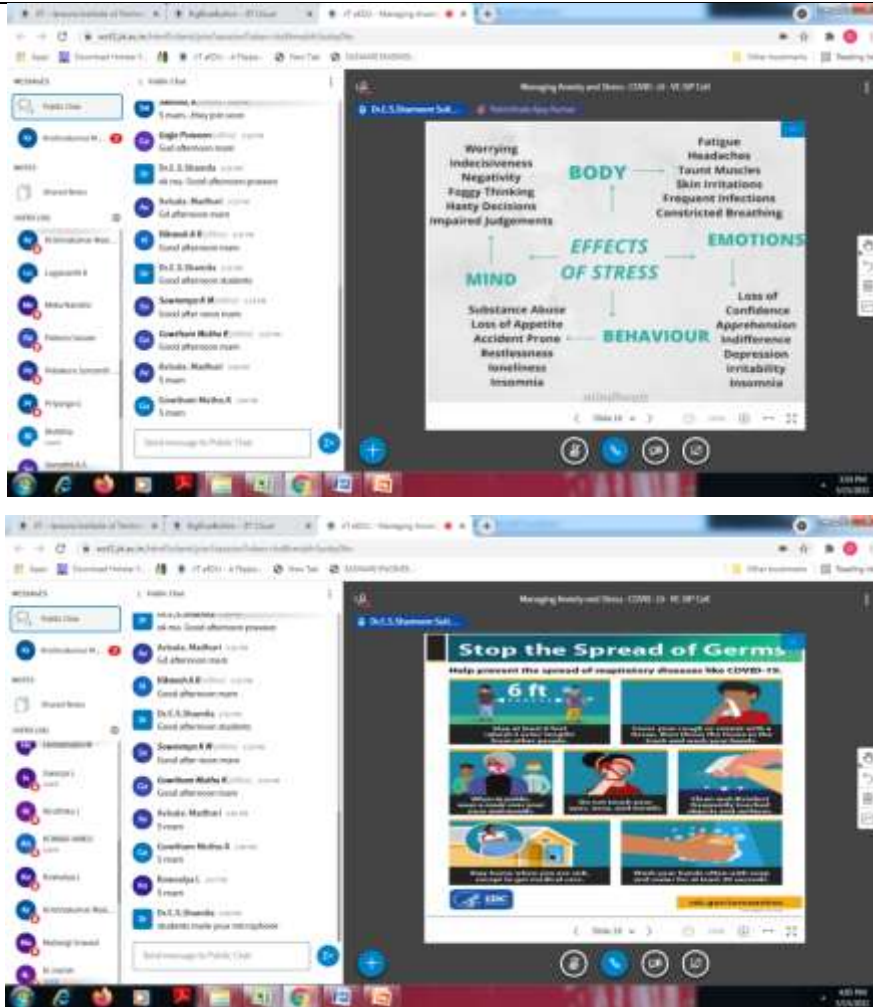
A webinar on Managing Anxiety and Stress - COVID-19



This screenshot shows a Zoom meeting in progress. The main window displays a slide from Jansons Institute of Technology. The slide title is "MANAGING ANXIETY AND STRESS - COVID-19". It is part of the "Value Education - Student Induction Program (VE-SIP) Cell" program. The speaker is identified as "RESPECTED PROFESSOR" Dr. J. S. SHAMSEER SULTHANA, Associate Professor in the Department of Computer Science at Shreekrishnam Memorial College for Women, Chennai. The slide also lists the date as 12.02.2021, time as 02:28 pm to 04:30 pm, and a link to the Zoom meeting. On the left side of the screen, a list of participants is visible, including Dr. J. S. Shamsheer Sultana, Dr. E. S. Shamsheer, and others. The Zoom interface shows the meeting is titled "Managing Anxiety and Stress - COVID-19 - VE-SIP Cell".

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This screenshot shows a Zoom meeting in progress. The main window displays a slide with the title "CORONA VIRUS Managing Anxiety and Stress". The slide is presented by "RESPECTED PROFESSOR" Dr. J. S. SHAMSEER SULTHANA, Associate Professor in the Department of Computer Science at Shreekrishnam Memorial College for Women, Chennai. The slide features a background image of red virus particles. On the left side of the screen, a list of participants is visible, including Dr. J. S. Shamsheer Sultana, Dr. E. S. Shamsheer, and others. The Zoom interface shows the meeting is titled "Managing Anxiety and Stress - COVID-19 - VE-SIP Cell".



<b>Outcomes</b>	Participants understand how to manage the stress..
<b>Feedback</b>	Very Good and interactive.
<b>Suggestions / Future actions</b>	Planned for conducting every year.

*E.S. Shinde*

Date : 15.05.2021

**Faculty In-charge  
VE-SIP Coordinator**