



**Bamanpukur Humayun Kabir Mahavidyalaya (BHKM)**

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**Affiliated to West Bengal State University**

**Minakhan, North 24 Parganas, West Bengal**

Report of the webinar: **'Coping with Stress in Times of Covid'**

Organized by: **Counseling, Guidance, Placement and Student's Progression, BHKM**

Date: 05.012022.

Organizing Secretary: Dr. Runa Das Chaudhuri

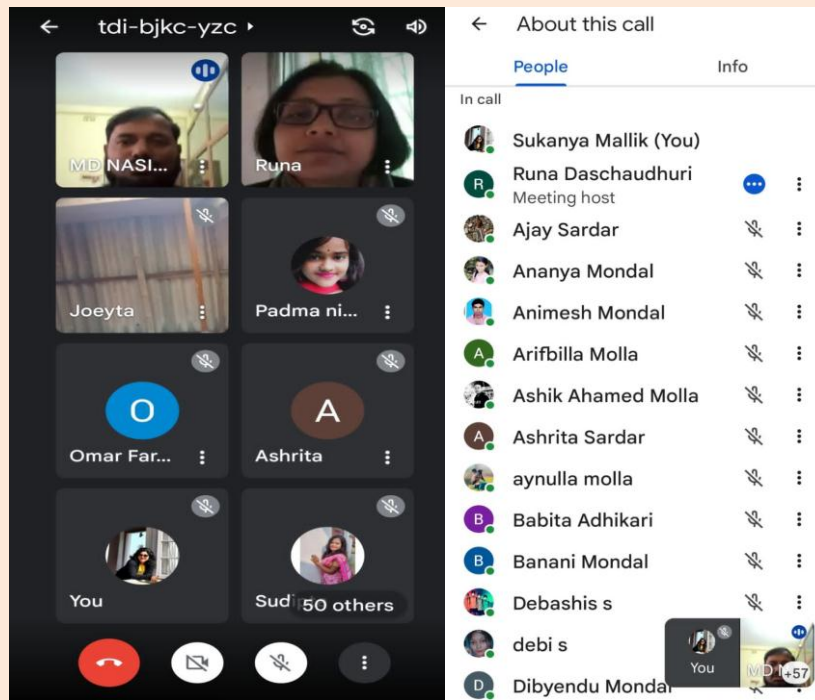
Report prepared by: Dr. Runa Das Chaudhuri

**Report of the webinar titled ‘Coping with Stress in Times of Covid’ organized by the Counselling, Guidance, Placement and Student’s Progression, BHKM on 05.012022.**

The Counselling, Guidance, Placement and Student’s Progression (CGPS) Cell, planned to organize a webinar on the theme ‘Coping with Stress in Times of Covid’ as part of observation of Student’s Week under the direction of Department of Higher Education, Government of West Bengal (vide memo no.144-SSE/2021 dated 29/12/2021).

Accordingly, the Convenor of the CGPS Cell Dr. Runa Das Chaudhuri, Assistant Professor in Sociology, BHKM placed the agenda in a meeting held on 04/01/2022 from 2 p.m. to 3 p.m. Members present in the meeting were Dr. Md Nasir Uddin Mondal, Assistant Professor, Department of Arabic, BHKM and Ms. Sukanya Mallik, Librarian, BHKM. The members and the convenor of the Cell discussed on the itinerary of the webinar and finalized to conduct the programme virtually from 3 p.m. to 4 p.m. on 05/01/2022. A google meet link was created and the brochure and programme schedule of the webinar was posted in all students’ whatsapp groups. It was decided that Dr. Md Nasir Uddin Mondal, Assistant Professor, Department of Arabic, BHKM would deliver a lecture on the aforesaid theme and Mr Jayanta Sarkar, Department of Sanskrit, BHKM would deliver the formal vote of thanks. THE IQAC, BHKM was also intimated about the programme for the purpose of keeping record.

On 5<sup>th</sup> January, 2022, the webinar started off with the opening remarks of the convenor of the Cell Dr. Runa Das Chaudhuri. She highlighted the significance of recognizing that we were living in unprecedented times of Covid 19 which had unleashed a plethora of anxieties in the young minds who were trying to cope up with and adjust to the ‘new normal’. She invited the keynote speaker of the webinar Dr. Md Nasir Uddin Mondal to deliver his speech. A total of 65 students attended the webinar online.



**Left to right: The speaker and the convenor at the webinar; Student participation in the webinar**

The keynote speaker, Dr. Md Nasir Uddin Mondal began his lecture by noting that during the COVID-19 pandemic, one may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen. He outlined a number of self-care strategies which are good for mental and physical health and can help one take charge of his/her life. These included being mindful about one's physical health for example getting enough sleep, participating in regular physical activity, eating healthy, limiting screen time. In order to reduce stress triggers, Dr. Mondal stressed the need of keeping regular routine, limiting exposure to social media, staying busy and focusing on positive thoughts. If one is not fully vaccinated, one has to keep others safe when connecting with others in person, such as going for walks, chatting in the driveway and other outdoor activities by wearing a mask for indoor activities. It is also important, Dr. Mondal said in doing something for others and finding a purpose in helping the people around oneself. Helping others is an excellent way to help ourselves. For example, email, text or call to check on your friends, family members and neighbors — especially those who are older. If one knows of someone who can't get out, ask if there's something needed, such as groceries or a prescription picked up. One could also try in supporting a family member or friend. If a

family member or friend needs to be quarantined at home or in the hospital due to COVID-19, come up with ways to stay in contact.

Towards the end the students thanked the speaker for his words of positivity and encouragement in coping with stress in times of Covid. The entire programme was anchored by the Convenor of the CGPS Cell and at the end of the webinar, Mr Jayanta Sarkar, Assistant Professor, Department of Sanskrit, BHKM presented the formal vote of thanks.