



Shri Vagheswar GramvikasPratishtan's

## **Shri Vasantao Pharate·Patil Arts,Commerce and Science College**

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### **Webinar on Stress Management of Covid-19 Report**

Date – 25/5/2020

Shri Vasantao Pharate Patil Arts Commerce & Science College, Mandavgan Pharata conducted Webinar on “Stress Management” under the counseling Department on 25/5/2020. In this webinar Dr. Manjusha Satpute (Medical Officer ) Primary Health Center , Mandavgan Pharata, Shirur was present as chief Guest and Lecturer.

Principal D.C Kurumkar opening remarks on the webinar.

Following are objective of the “Webinar on Stress Management of Covid-19”.

1. To guide students how to protect yourself and others form Covid-19
2. The goal of webinar on stress management of Covid-19 to know strategies to cope with stress, anxiety or depress to student.
3. To assist students to acknowledge their feelings about Covid-19 and how to channelize their emotion into something creative (e.g. Drawing, painting, poetry, music, Reading )
4. To guide students how to maintain day – to – day activities and a routine as much as possible. For positive impact on thought and feelings.

To remember students that physical distancing does not need to mean social disconnection



  
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