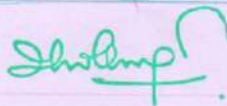


Report on International Webinar on Building Emotional Maturity to Handle Stress and Anxiety during COVID - 19

The Department of Counselling and IQAC team at Naipunnya Institute of Management and Information Technology hosted a webinar on the topic "Building Emotional Maturity to Handle Stress and Anxiety during Covid-19" on 10th July, 2020. The event was headed by Mrs.Reni .V.Kalayil alongside the Dean of Studies and IQAC Coordinator of Dr.Joy Joseph and Naac Coordinator Mrs.Bini Rani Jose . The department was fortunate to had Dr. Mamtha Mohapatra as the resource person for the webinar. Dr.Mamtha Mohapatra, Professor and Dean of International Management Institute . She has over 25 years of experience in teaching, research, training and consulting activities in the areas of human resource management. The webinar was on the stress and anxiety as the knowledge she imparted had a major impact on the way the people to tackle problems in the current crisis.

The registration process went live on 1st July with 142 participants registered in a matter of 10 days. The necessary arrangements for the participants had been set beforehand leading to a seamless transition into the webinar. The mode of webinar delivery and the general instructions to be followed by the participants were sent with the registration link, paving way for a better understanding. The event started off at 1:55 PM on 10th of July. Sreya T.S of 2nd year B.COM Cooperation, addressed the participants and extended her welcome to Dr.Mamtha Mohapatra and the participants on behalf of NIMIT.

During the session, Dr.Mamtha Mohapatra opened the eyes of the participants on the **drastic condition of Covid-19** around the world. She showed us the influence it had in every person's daily life as well. **She gives to manage anxiety and actively create some balance and calm throughout this challenging period and the COVID-19 situation** which has disrupted the economy as a whole. The pandemic created unprecedented **global public health**. Research on resilience finds that those who thrive in situations that might defeat others, have **somehow** figured out how to mobilize their support and make use of them. The speaker also give some tips that will help to manage anxiety and actively create some balance and calm throughout this challenging period. Take it a day at a time. Don't panic, Eat a healthy diet , Stay positive Follow all **safety recommendations** from the CDC etc.. were some of the tips by the speaker. Dr.Mamtha Mohapatra was also kind enough to answer the participants regarding

Fr. Dr. PAULACHAN K.J.
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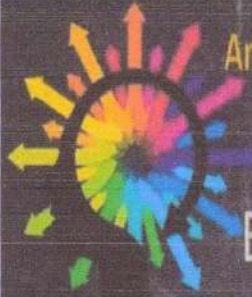
any of the misconceptions or queries they had. Mrs. Aleena Rose Benny gracefully concluded the event with the vote of thanks, winding up the webinar by 3:30 PM. Finally as a token of appreciation, Fr. Paulachan has given away an appreciation certificate for all the coordinators of the programme.

The event was attended by 124 participants, from students to teachers to countless others from various fields from across the nation. Participants were issued certificates flawlessly by the end of the day of the seminar. The feedback from participants were positive, encouraging and applauding the department for its initiative.



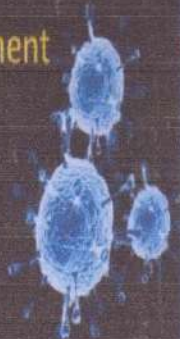
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An IQAC initiative organized by Spiritual and Counselling Department

NATIONAL WEBINAR ON
BUILDING EMOTIONAL MATURITY TO HANDLE STRESS AND ANXIETY
DURING COVID-19



10 JULY 2020

2 PM - 3:30 PM

THREYASTRA

WEAR MASK . KEEP DISTANCE . BE CLEAN



Scan QR code to register



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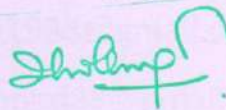
Webinar on "Building Emotional Maturity to Handle Stress and Anxiety during Covid-19"

Date: 10.07.2020

Time: 2:00 pm – 3:30 pm

Programme Schedule

- Prayer Song : Ms Kesiya Johnson, Student Representative, 3rd Bsc Cs
- Welcome Address : Ms Sreya.T.S Student Representative, 2nd B Com CO
- Presidential Address : Rev.Dr.Fr.Paulachan K.J
Executive director& Principal NIMIT, Pongam
- Keynote Speaker : Dr.Mamta Mohapatra
Professor & Dean International Management Institute, New Delhi
- Vote of Thanks : Mr Jithin. J, Student Representative, 2nd B Com F (B)

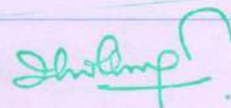


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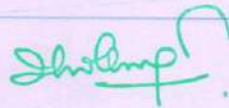


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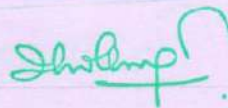


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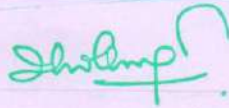




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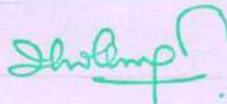


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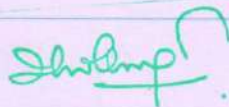




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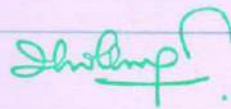




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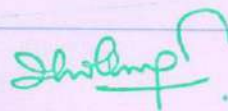


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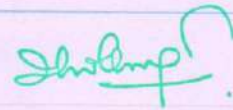


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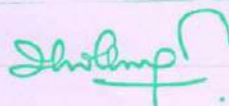
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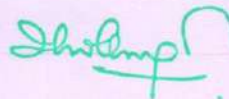


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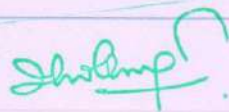
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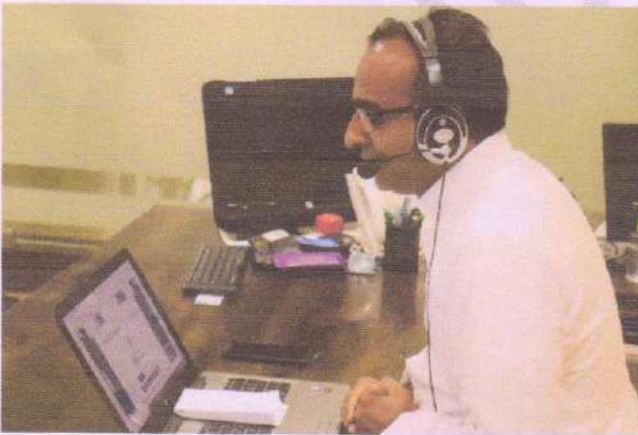
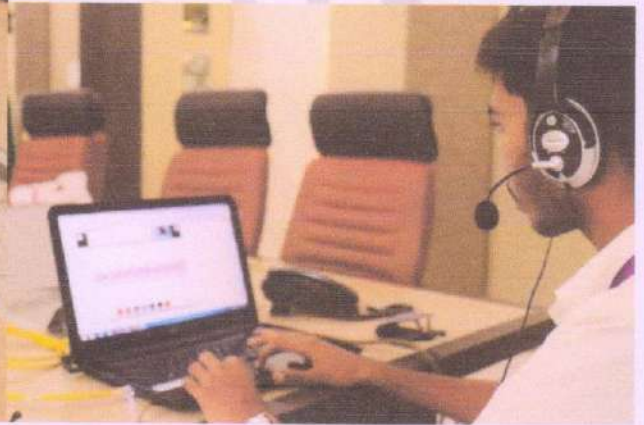
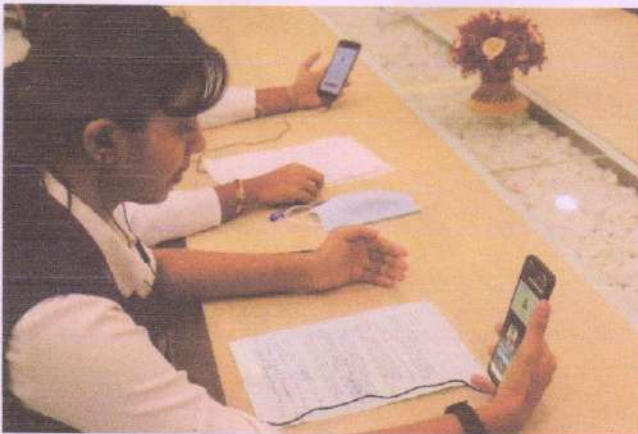
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