

Report on WEBINAR Dated 23rd June, 2020

The Internal Quality Assurance cell Conducted the webinar entitled “Corona Pandemic : Coping up in the Unpredictable Scenario “ on 23rd June 2020. The speaker of the session was Dr Puja Dewan, a Medical consultant, Gynaecologist and an amazing Musician Arcady Life. The session was conducted live on the Facebook and around 150 participants viewed the session.

The webinar focused on the modalities of stress caused due the occurrence of the coronavirus pandemic and how to deal with it. Dr Puja thoroughly explained the basic steps to follow to protect ourselves and the people around us from the spread of the virus. She also beautifully spoke about the signs of stress and how to manage it by systematically. Her knowledge of ragas and poetry and how they could lead us into mindfulness made the session easy to encrypt, understand and apply in our daily lifestyle.

Dr Puja expressed her concerns about the occurrence of stress in one’s life and even mentioned a few reasons for the same. She believed that stress could be managed if one starts understanding their emotions and make significant changes in their lifestyle. She also focused on how sleep and a balanced diet play a very important role in managing stress.

She even introduced the audience with the concept of 'stress diary' and encouraged them to write down their emotions in a diary in order to conquer them. Her believes revolved around removing negative thoughts from one’s lifestyle and indulging into healthy activities to become more mindful. She even presented the audience with her beautiful and soulful voice as she sang a few songs while talking about the importance of ragas and music therapy. After summing up her discussion, she cleared all the queries of the participants clearly.

At the end Dr. Meena Singh, Member , IQAC , gave a vote of thanks and acknowledged the speakers positive thoughts to deal with the anxiety and stress.