



NETAJI SUBHAS OPEN UNIVERSITY
Centre for Internal Quality Assurance (CIQA)
Organized Webinar on
“COVID – 19: Managing Stress & Anxiety”
On 5th June, 2021 at 3 P.M

REPORT

In the ensuing lock down owing to the second wave of the pandemic, Centre for Internal Quality Assurance (CIQA) has initiated an opportunity to indulge in new activities and gain awareness on apposite issues for better living. Present pandemic situation is mentally tiring for all. To protect ourselves and the society at large, we are under lockdown and we don't know when the normalcy will be restored. We have already experienced the tremendous impact of the COVID- 19 pandemic on mental and physical health, education and economy all over the world.

With this backdrop CIQA with the encouragement of the Hon'ble VC, NSOU organized an online Webinar on **“COVID – 19: Managing Stress & Anxiety”** to restore accommodation, tolerance, positivity and our ability to cope with the present phenomena. This virtual event was meticulously designed by CIQA and delivered through Zoom platform.

Event Details

5th June, 2021. 3 to 4.30 P.M;

Partakers:

The event was open for the Teachers/Teacher Educators/Coordinators/Academic counselors/learners attached with the Netaji Subhas Open University.



Facilitator:

Dr. Abhedananda Panigrahi , Coordinator, B.Ed., School of Education , Netaji Subhas Open University & Psychotherapist , Clinical Hypnotherapist and Special Educator was the speaker and facilitator of the event.

Deliberations:

The Webinar started with the welcome words by Prof. Anirban Ghosh, Director, CIQA NSOU. Prof. Ghosh gradually delineated the objectives and significance of organizing this event. 65 participants joined the webinar.

The speaker and facilitator of the session, Dr. Panigrahi was introduced by Prof. Ghosh. Dr. Panigrahi extended a warm welcome to all participants and invitees before beginning the technical session.

Dr. Ghosh also mentioned the importance and significance of World Environment Day which was also celebrated with this webinar. He reminded that we have to be keep fit mentally and physically in this pandemic situation as well as we have to keep our environment clean for better living. In this occasion trees and saplings were planted at all the Regional Centres of the University.



The session soon gained momentum with lucid deliberation on the topic. Dr. Panigrahi involved all the participants with some practical-oriented activities. He advised and provided some hands-on tips for a better mental health to all the participants. He insisted that a few minutes each day are enough to practice the self-help techniques to make their living better and happy. He provided some practical orientation like Scribbling Therapy, selected Pranayama and Meditation for keeping mental sanity. Such an event could happen only when a committed teamwork act with utmost sincerity.

The webinar was conducted successfully and majority of the participants took part in the deliberations. Prof Ghosh extended formal vote of thanks to one and all. The participants appreciated the initiative taken by the CIQA.

Programme Schedule

3.00pm: Welcome Address by Professor Anirban Ghosh, Director, CIQA

3.15pm: Address by Dr. Abhedananda Panigrahi , Coordinator, B.Ed., School of Education, NSOU & Psychotherapist , Clinical Hypnotherapist

4.00pm: Interaction with the participants

4.20pm: Vote of thanks by Sri Prasenjit Bhattacharyya, Dy. Director, Durgapur RC, NSOU