

REPORT ON COPING WITH COVID-19 STRESS: WAY FORWARD

DEPARTMENT SNIPPETS FROM PAST TO PRESENT



VINAYAKA MISSION'S RESEARCH FOUNDATION
Chartered to be University under section 3 of the UGC Act 1956

SAS
SCHOOL OF ARTS AND SCIENCE

DEPARTMENT OF ENGLISH
Organizes

Webinar on
"COPING WITH COVID-19 STRESS : WAY FORWARD"

May 11, 2020 (Monday) at 3:00 P.M.

E- Certificate will be provided

Resource Person



Dr. S. Jeneba
Professor & Head
Department of
Journalism and Science Communication
Co-ordinator – Student Counseling Cell
Madurai Kamaraj University
Madurai.

Register before:
09 May 2020

Webinar Co-ordinators:
Mrs. S. Padma Ragam (HOD/English)
Mr. G. Ramasubramanian (Associate Professor, Computer Science)

Literary Events Conducted

- FDP conducted on 10th August 2018 Two
- Two guest lectures in the year 2017 & 2019
- Just A Minute (JAM)
- English Quiz
- Essay Writing
- Movie Review
- Treasure Hunt
- Dumb Charades in English Novels
- Ship Wreck
- Elocution
- Debates
- Chart Corner

Webinar Report on

COPING WITH COVID-19 STRESS: WAY FORWARD

Webinar Organisers:

- Department of English, SAS, AV, Campus, Paiyanoor, Chengalpattu District.

Date: 11 May, 2020

Time: 3.pm-5.pm

Venue:

- Webinar (Individual Participation done on the basis of Registration)
- Session 1- (3.pm to 4.pm)
- Session 2- (4pm to 5.pm)

Number of Attendees:

- Total Participants Attended the Webinar- 51

Resource Person of the Webinar:

Dr. S. Jenefa

Professor and Head, Department of Journalism and Science Communication,
Co-ordinator- Students Counselling Cell,
Madurai Kamaraj University,
Madurai,

Overview:

On record, the One day Webinar on the topic “**COVID-19 STRESS: WAY FORWARD**” organized by the Department of English SAS, AV, Campus on 11th of May took reverence and joy in addressing the key note speaker of the day Dr. S. Jenefa. The webinar began top notch at 3pm that included a welcome felicitation by the Department Head, Mrs.S. PadmaRagam of SAS. Followed by the session was taken over in time by the speaker explaining the significance of Stress every common man faces during the lockdown days of COVID-19. The session exposed very participant on three vital stages, Global Pandemic, Disaster Management and Psychological Impact. The webinar ravelled through exciting slides of lay people, the factors affecting their public and personal lives, and how we overcome these natural calamities in due course with positive stress factors.

The first session ended with a brief note of relaxation for about 5 mins and rescheduled in sharp at 4pm. In continuation the second session took its way to factual information of the virus and the development of stress in life. Basic ideas were joted down in points which gave an easy read to every participant psychologically. In company certain blocks discussed on the causes of stress, the 3 kinds of P's, Women Pandemic Stress Management Cords and Handling of Stress in Family Life. In accordance with time, every participant learnt the positive ways to manage stress with one mantra shared by the speaker ‘Acceptance of Reality’ and ‘Prioritize your wants’. This mantra revealed that stress of COVID-19 is one but a COPING MECHANISM for every soul. Finally the second half of the session listed out new ideologies to restart our lives forgetting this Demon COVID-19. To conclude the whole two hours of Webinar developed a platform of counselling, an awareness, that every participant indulged fruitfully.

Vote of Thanks:

The vote of thanks was gestured by Dr .Honoureen Beatrice Gamble, Assistant Professor, Department of English, VMRF, SAS, AV, Campus, Paiyanoor, Chennai. Gratifying words were showered on behalf of the Management SAS, Organizing Committee, and deep admiration to every participant for having spent their worthy time in making the webinar a real juncture of Human to Humaneness.

Credits of the Webinar:

- Questions were open to all

- Feedback links were given for every participant as an evaluation of the Webinar
- E- Certificate was given to every participant based on filling the feedback form