



NATIONAL WEBINAR ON STUDENTS' STRESS MANAGEMENT DURING COVID-19 PANDEMIC



Organized by
DEPARTMENT OF EDUCATION

In collaboration with
**IQAC, LANKA MAHAVIDYALAYA
LANKA, HOJAI, ASSAM**

DATE
13-08-2020

TIME
11-00 AM

Website : www.lankamahavidyalaya.in

RESOURCE PERSONS



Dr. Amarjit Singh Bhui
Principal, Lanka Mahavidyalaya
Chairperson & Inaugurator



MRS. LOYA AGARWALA
Counsellor, Author &
Personality Development
Consultant, Guwahati



Dr. Rita Rani Talukdar
Associate Professor and
former Head
Department of Psychology
Gauhati University, Guwahati

COORDINATORS



Dr. Lukendra Kakati
Coordinator, IQAC,
Lanka Mahavidyalaya



Dr. Sirazul Islam
Head, Deptt. of Education
Lanka Mahavidyalaya

TECNICAL COORDINATOR



Sri Hemanta Bora
Asstt. Professor, Deptt. of IT
Lanka Mahavidyalaya

PLATFORM



Live Streaming on Facebook

Please Join Whatsapp Groups

(E- certificates will be provided to the participants)

About the College :

Lanka Mahavidyalaya was established on 20th July, 1979 in the Northern outskirt of Lanka Town under Hojai District of Assam , at a distance of about 180 KM from Guwahati, the capital city of Assam. The site where the College stands today spreads over an area of 17 Acres amid green Campus on the bank of a big pond covering an area of about 9 Acres.

Lanka Mahavidyalaya is an affiliating College under Gauhati University, having two Streams, Arts and Commerce , accredited by NAAC for the First Cycle in February, 2005 with “B” Grade and for Second Cycle in November, 2015 with ‘B’ Grade with CGPA of 2.62. The College has at present about 2000 students.

About the Webinar :

As we know, Stress is a feeling of emotional or physical tension which may emerge from any event or thought that makes us feel frustrated, angry or nervous. The body reacts to these changes with physical, mental and emotional responses and prolonged stress responses causes wear and tear on the body – both physical and emotional. Stress management is a wide spectrum of techniques aimed at controlling a person’s level of stress, especially the chronic stress. Effective stress management helps us to break the hold stress on our Life , and make life become happier, healthier ,and more functional. Due to COVID-19 pandemic, all strata of the people are under a great stress in general and students community in particular, who are deprived of their normal classes and educational activity, since March 2020. This webinar is aimed to highlight the stress faced by the student community and probable measures to managed the same. Hope this webinar will contribute something in this regard.

Webinar Organising Committee

Chairman

Dr. Amarjit Singh Bhui,
Principal, Lanka Mahavidyalaya

Vice-Chairman

Mr. Dimbeswar Kalita,
Coordinator, Academic Council
Lanka Mahavidyalaya

Coordinators

Dr. Sirazul Islam
Head, Deptt. of Education, Lanka Mahavidyalaya
Dr. Lukendra Kakati,
Co-ordinator, IQAC, Lanka Mahavidyalaya

Members

Mr. Kamaleswar Kalita
Assistant Professor, Deptt. of Education, Lanka Mahavidyalaya
Mrs. Abhinita Sikidar
Assistant Professor, Deptt. of Education, Lanka Mahavidyalaya
Miss Manika Devi
Assistant Professor, Deptt. of Education, Lanka Mahavidyalaya
Miss Rinku Moni Devi
Assistant Professor, Deptt. of Education, Lanka Mahavidyalaya
Miss Joyshree Boruah
Technical Staff, Lanka Mahavidyalaya