



Backward Class Youth Relief Committee's

**BHIWAPUR MAHAVIDYALAYA,
BHIWAPUR, DIST. NAGPUR**

One Day National Online Webinar

On

**“Stress Management for Students
during COVID-19 Pandemic”**

Organized by

Faculty of Science

Bhiwapur Mahavidyalaya, Bhiwapur

Date: 27th May 2020

Convener

Dr. Yogesh More

Head
Department of Physics

Member Secretary

Dr. Motiraj Chavhan

Seminar and Symposia
Committee

IQAC Coordinator

Dr. Mangesh Kadu

Head
Department of
Political Science

Principal

Dr. Jobi George

Bhiwapur
Mahavidyalaya,
Bhiwapur

Report on National Webinar

Topic: Stress Management for Students during COVID 19 Pandemic.

Date: 27th May 2020 at 7.00 pm

Conducted on: ZOOM App

Speakers:

- 1. Adv. Anant Ghulakshe (Psychologist & Mind Trainer)**

LL.B, B.J., MBA, MSW, MFA, MA in Sociology & Philosophy, Masters in Clinical Psychology, Former Chief Economic Advisor, Tata Group.

Topic - Stress Management for Students during COVID 19 Pandemic

- 2. Dr. Sumedh Dhuldhule (Director, New Global Hospital Critical Care, Akola)**

MBBS, MD Medicine, LHMC, Delhi

Topic- Life after COVID 19: Post Pandemic Health Awareness

Convener:

Dr. Yogesh More

Assistant Professor, Department of Physics

Bhiwapur Mahavidyalaya, Bhiwapur

Organizing Secretaries:

Dr. Ashwini Kadu

Assistant Professor, Department of Chemistry.

Bhiwapur Mahavidyalaya, Bhiwapur

Mr. Amit Thakare

Assistant Professor, Department of Zoology



Bhiwapur Mahavidyalaya, Bhiwapur

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Bhiwapur Mahavidyalaya, Bhiwapur

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Bhiwapur Mahavidyalaya, Bhiwapur

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Mr. Ashish Talekar

Assistant Professor, Department of Computer Science

Bhiwapur Mahavidyalaya, Bhiwapur

Mr. Amol Bhagat

Office Superintendent

Bhiwapur Mahavidyalaya, Bhiwapur



BRIEF REPORT

National Webinar on "Stress Management for Students during COVID 19 Pandemic" was organized by Faculty of Science under the aegis of Internal Quality Assurance Cell (IQAC) of Bhiwapur Mahavidyalaya, Bhiwapur on 27th May 2020 at 7.00 pm on ZOOM App.

The Webinar was organized for students in order to help them to manage their stress during the pandemic situation. For this two experts from psychology and medical fields were invited. In this webinar 958 participants including 542 students, 388 teachers and 28 parents were registered. The programme was inaugurated by Dr. Jobi George. He briefly discussed the objectives of organizing this Webinar. Dr. Yogesh More being the convener of the Webinar introduced the guest speakers.

Adv. Anant Ghulakshe delivered stupendous lecture on anxiety and depression. He discussed about the mental health of students during pandemic and guided them to overcome depression and to improve mental health. Students asked many interesting questions which were satisfactorily answered by him. The Session was very informative and motivational.

The second lecture was delivered by Dr. Sumedh Dhuldhule, Director of Director, New Global Hospital Critical Care, Akola on Life after COVID 19: Post Pandemic Health Awareness. He had given information about the spread of COVID 19. He also discussed about the prevention and care to be taken even after lockdown being over. All participants have interacted during this lecture.

Mr. Amit Thakare expressed vote of thanks.


Programme Coordinator

Dr. Yogesh More


IQAC Coordinator

Dr. Mangesh Kadu


Principal

Dr. Jobi George





Backward Class Youth Relief Committee's

BHIWAPUR MAHAVIDYALAYA BHIWAPUR

Dist. Nagpur, Maharashtra 442001

Accredited with Grade 'B' (CGPA – 2.54) by NAAC, Bengaluru
ISO –9001:2015

NATIONAL WEBINAR ON "STRESS MANAGEMENT FOR STUDENTS DURING COVID 19 PANDEMIC"

WEDNESDAY, 27TH MAY 2020 TIME: - 7:00 P.M.

ON ZOOM

SPEAKERS AND TOPIC

ADV. ANANT GHULAKSHE

(PSYCHOLOGIST & MIND TRAINER)

LL.B, B.J., MBA, MSW, MFA, MA IN SOCIOLOGY & PHILOSOPHY, MASTERS IN CLINICAL PSYCHOLOGY
FORMER CHIEF ECONOMIC ADVISOR, TATA GROUP.

TOPIC-STRESS MANAGEMENT FOR STUDENTS DURING COVID 19 PANDEMIC

Participation is Free of cost

E-Certificates will be provided on attending webinar. For details-➡ 8830251098

DR. SUMEDH DHULDHULE

(DIRECTOR, NEW GLOBAL

HOSPITAL CRITICAL CARE, AKOLA)

MBBS, MD MEDICINE, LHMC, DELHI

TOPIC-LIFE AFTER COVID 19: POST PANDEMIC HEALTH AWARENESS

Register Now-

<https://forms.gle/9nW9Apn2xquKHTap7>



Bhiwapur Mahavidyalaya

NATIONAL WEBINAR

Topic- Life after COVID 19:
Post Pandemic Health
Awareness



Dr. Sumedh Dhuldhule

(Director, New Global Hospital
Critical Care, Akola)

27 May 2020

7.00 pm



<https://forms.gle/9nW9Apn2xquKHTap7>

For More Details Contact 8830251098



Bhiwapur Mahavidyalaya

National Webinar

Stress Management for Students during
COVID 19 Pandemic



Adv. Anant Ghulakshe

(Psychologist & Mind Trainer)

DATE

27 May 2020

Register yourself today

<https://forms.gle/9nW9Apn2xquKHTap7>

7:00 PM

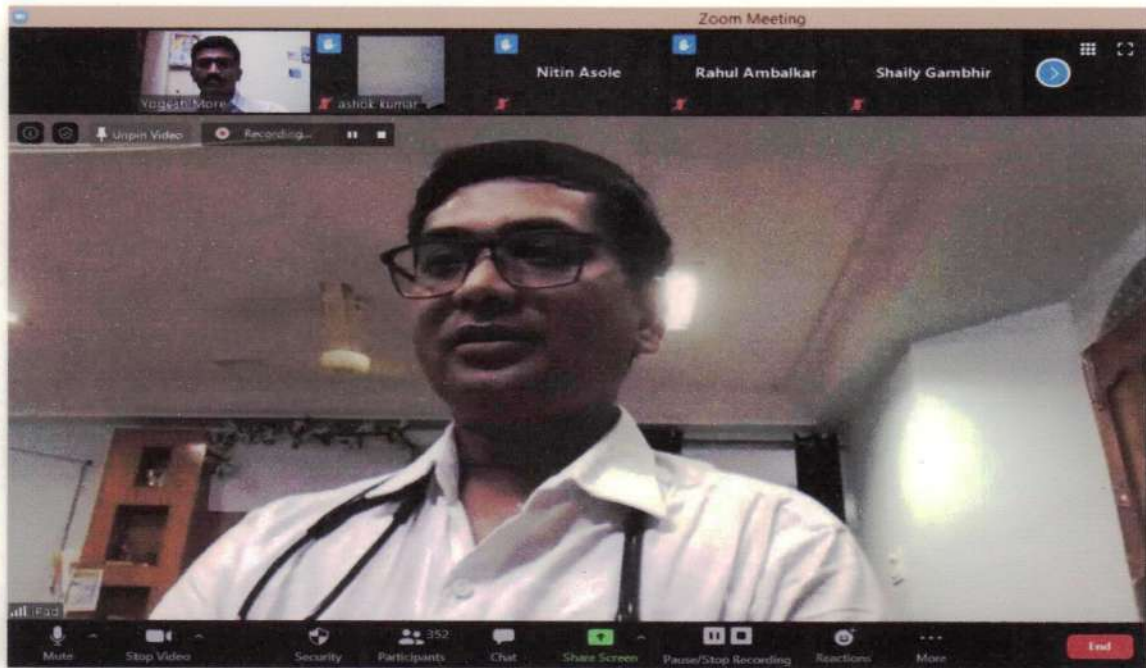
ON

ZOOM

for more details contact 8830251098



Dr. Sumedh Dhuldhule, Director of Director, New Global Hospital Critical Care, Akola delivering his speech on Life after COVID 19: Post Pandemic Health Awareness.



Adv. Anant Ghulakshe delivering stupendous lecture on anxiety and depression.



Asst. Prof. Amit Thakare proposing vote of thanks



[Handwritten Signature]
PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur