



Office of the Proctor and Visva-Bharati Library Network
Visva-Bharati
Santiniketan

Jointly presents a **Webinar** on

Stress Management: An Approach towards Stress Relief for the Students of Higher Educational Institutions

Today we are fighting the Covid-19 pandemic globally and adopting new lifestyles in order to combat the crisis. Let us accept this cautionary lifestyle rather than resist and denigrate it.

Keeping one physically and mentally safe and healthy are of the highest priority here. For fighting the situation we need to share our thoughts and information among ourselves.

Fortunately enough, our world is technologically better equipped today in this respect. Let us **share our thoughts**.

Anxieties, over which we have scant control, are affecting every one of us globally; often entire families. De-stressing is an important and integral survival skill today; for all of us.

In this regard, our mental well-being is as important (if not more) than our physical fitness. Do NOT believe in the taboo and superstition associated with asking for mental support.

We all know that there are **formal ways** of dealing with stress. Discussions, interactions and interventions such as seeing a counsellor or other mental health professionals can be very helpful.

This webinar is a platform for **sharing information** with qualified professional counsellors and support staff for our university students towards that end.

No issue is too small or too insignificant to address.

Join. Share. Connect. Contribute. Listen.

The Proctor Office of Visva-Bharati in association with Visva-Bharati Library Network is organizing a webinar on **October 20, 2020 at 1600 hrs** with **Dr. Mondira Banerjee**, an eminent psychiatrist associated with the Indian Psychiatric Society (IPS), **Dr. Sridip Chatterjee**, Department of Physical Education, Jadavpur University and **Dr. Samiran Mandal**, Department of Physical Education, Visva-Bharati as resource persons.

Please register at: <https://forms.gle/iy76GNgGdFR14Tfu7> by October 19, 2020, 1800 hrs

*The webinar is for **students of Visva-Bharati only**.*

Meeting link will be sent on the day of the webinar. A participation certificate will be issued to the participants.

Looking forward to your participation.

Sankar Majumder
Proctor
Visva-Bharati
Santiniketan
16.10.2020