

**NATIONAL WEBINAR**  
**ON**  
***COVID-19 & MANAGEMENT OF STRESS***

*Join us on 26/07/2020 at 11:30 AM*

**PATRON**



**Prof.(Dr.) S.N. Munda**  
**Vice-Chancellor**  
**Dr. Shyama Prasad Mukherjee University, Ranchi**

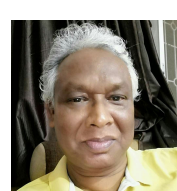
**Eminent Speakers**



**Dr.Meenakshi Kujur**  
**HOD**  
**P.G. Dept. of Psychology & PGDGCR**  
**DSPMU, Ranchi**



**Dr.K.S. Sengar**  
**Additional Professor**  
**Dept. of Clinical Psychology**  
**RINPAS, Kanke**



**Dr. Dinesh Tirkey**  
**Proctor & Dean**  
**Social Sciences**  
**DSPMU, Ranchi**

**Convenor**

**Moderators**



**Mr. Prakash Oraon**  
**Clinical Psychologist**  
**Sadar Hospital, Saraikela**



**Mr. Tetra Kumar**  
**Clinical Psychologist**  
**Sadar Hospital Khunti**

**Organized by:**  
**Department of Psychology**  
**(PGDGCR)**  
**DSPMU, RANCHI**

## ABOUT THE WEBINAR

Since we know that due to an intrusion of COVID-19 our life events have been affected significantly. Taking into consideration of pandemic pressure Department of Psychology (PGDGCR) took initiative to organize this national webinar on **COVID 19 & STRESS MANAGEMENT**. Which is a wide spectrum of techniques and psychotherapies aimed at controlling an individual's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being. There are some symptoms of stressful life e.g. depression or anxiety, anger, irritability, restlessness, feeling overwhelmed, unmotivated, unfocused, trouble sleeping or sleeping too much, racing thoughts or constant worry, problems with memory or concentration, making bad decisions etc. If we are living with high levels of stress, we are putting our entire well-being at risk. Stress wreaks havoc on our emotional equilibrium, as well as our physical health. Effective stress management helps us break the hold stress has on our life, so we can be happier, healthier, and more productive. There are many causes of stress e.g. the death of a loved one, divorce, loss of a job, Increase in financial obligations, getting married, moving to a new home chronic illness or injury, emotional problems etc. To meet the purpose of this webinar most eminent speakers have been invited from reputed institutions. They will share their expertise in the field to deal with the circumstances.

## ABOUT THE UNIVERSITY


### Historical Background

Situated on the tropic of cancer, at an altitude of 651m from sea level amidst tropical flora and fauna, Ranchi College, Ranchi (now upgraded as a Unitary State University and known as Dr. Shyama Prasad Mukherjee University, Ranchi) had been established during the Pre- Independent India. Established in 1926 as a Government Intermediate College, it marched ahead and began Under-Graduate and post-graduate Courses in various subjects of Arts/Science in the year 1946.

Even after Independence, Ranchi College continued to celebrate its recognition as Government College. Till the creation of Ranchi University, Ranchi on 12th July, 1960, it functioned as a Unit of Patna University, imparting quality Higher Education in faculties of Humanities, Science and Social Science.

### And, the Growth and Expansion continued ....

Following the creation of Ranchi University, Ranchi on Saturday, July 12th, 1960, Ranchi College had been placed as a Unit of Ranchi University by the then Government of Bihar. Meanwhile, a new 28th



state of India, Jharkhand was carved out of the Southern part of Bihar on November 15, 2000. Now the pressure was high on it. And, it took the responsibility well. Based on its performance, the UGC accorded it the status of an “Autonomous College” in 2009. Also, it had been recognized by the UGC as “College with Potential for Excellence”. This primer college of the Capital has set its mood and it never looked back.

**And, on Tuesday, April 11, 2017 Ranchi College, Ranchi scripts a history and is upgraded as Unitary University, named as **Dr. Shyama Prasad Mukherjee University, Ranchi****

**Status:**


Traversing over 110 acres of land, in the heart of the Capital city of Jharkhand, Dr. Shyama Prasad Mukherjee University, Ranchi has an elephantine Building Architecture, strong base of Human Resources, well- furnished Laboratories and digitally equipped classrooms, Language Laboratory for Development of Communicative Skills, Attractive Classrooms (some are heritage classrooms), Expanded Gardens and Botanical Gardens catching its span till a nearby Oxygen park.

Carrying a sense of pride to be located in a state who values sports, art and culture, we have an amphitheatre AKHRA for promoting folk and tribal dance & theatre, separate Independent large playgrounds for games and sports which has produced many gems of national and International stature.

Further, we have Campus Placement Cell, Media Cell, Grievance against Women Cell, Anti-Ragging Cell, three Units of N.S.S., N.C.C., Discipline Cell, C.P. Grams Cell, Boys’ Hostel, a Colossal Auditorium, Literary Club of Students monitored by teachers, Provisions for Educational Tours for students and Escort teachers, digitally equipped campus with Wi-Fi facility promoting cashless and paperless transactions and online facilitation.

**And Development work continues...**

As to meet out the new expectations and responsibilities, the University is going through a two-tier development process which shall be completed by the end of the year 2018: The first is the new construction of Administrative Building, the Academic Building, The Examination Department Building, A 3 star-Canteen and Guest House. The second level of works, which are on the verge of completion, are: Repair and Renovation of the University Boys’ Hostel 1 & 2, Roof tops of the complete areas of the Old Buildings and the repair and renovation of the existing Building premises of the University.



### Programme Schedule

11:30 am - Welcome Address - Dr. Meenakshi Kujur  
11:40 am - Words of Blessing - Dr. S.N. Munda  
11:50 am - Keynote Speaker - Dr. K. S. Sengar  
12:40 pm - Query and solution  
01:00 pm - Vote of Thanks - Dr. Dinesh Tirkey

### To Join Us

Please meet at google meet at 11:30 AM on  
26/07/2020

<https://meet.google.com/jfg-ecky-yhq>