

MATA SUNDRI COLLEGE FOR WOMEN

KASAK: BA PROGRAM SOCIETY

COUNSELING SESSION : STRESS MANAGEMENT IN THE CURRENT ACADEMIC ENVIRONMENT

3rd DECEMBER 2020

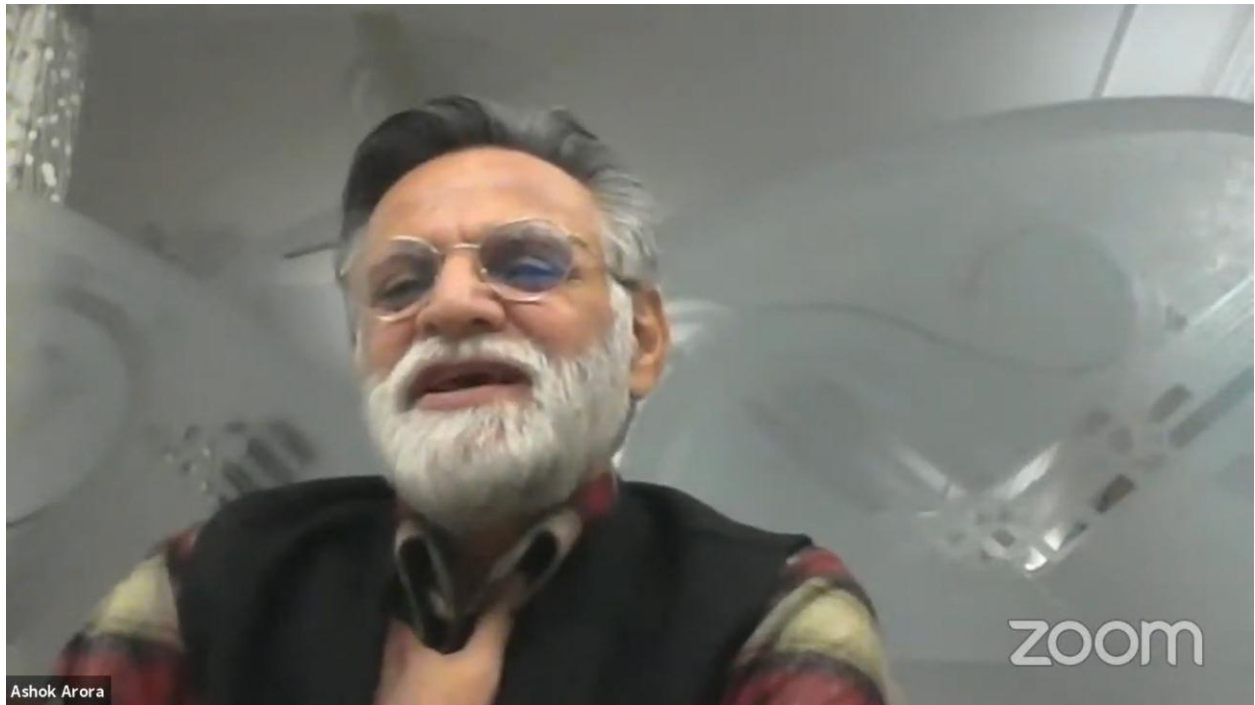
The session was started by Dr. Harpreet Kaur welcomed all the speakers to the webinar. She added that students should cope up with their anxiety and stress as the last few months have been very difficult for them and few students have developed distant sighting problems at such a young age. students are facing problems in taking virtual classes. She mentioned the major cause of stress is the lack of leisure activities in student's lives.



Dr. Harinder Kaur introduced Mr. Ashok Arora welcomed him honorably and asked him to praise the audience.

Mr. Ashok Arora explained that singing and writing poems, abstracts are some of his hobbies. He also said that we don't need to crib about the things which are not in our hands and we should remain strong and positive. He added that if we are happy, we learn and perform better. He enabled students to think about the fact "why do people have stress?". We should try everything we find attractive because we are the Boss of our happiness and realize the truth of our lives and live the truth. He also gave a brief introduction to Kabir that he has the best formula in the world. We should listen to successful people and live with discipline and truth in our lives which can help us in

stress management. He also mentioned some of his favorite experiences and poems that helped students to know about stress management.



At the end of the session, doubts and questions asked by the students were answered and the session was really helpful for the students to get tips about coping up with their stress.