



TO REGISTER

WEBINAR ON

HOW TO MANAGE STRESS DURING THE COVID 19 PANDEMIC PERIOD



SCAN ME

<https://bit.ly/3ff9hl0>



RESOURCE PERSON

DR. ASHWINI PRIYANKA V

DEPT OF PHYSIOLOGY

**ST. JOHNS MEDICAL COLLEGE AND HOSPITAL
BANGALORE**

CONVENERS:

DR. D. NAJUMNISSA JAMAL, DEAN, SECS

DR. C THARINI, HOD/ECE

**Organized by ECE
Department**

**EVENT TIMINGS:
5th JUNE 2021,
4-5 pm**

Certificate will
be provided on
completion

COORDINATORS

**MS. M. VANMATHI AP (SR. GR)/ECE
(8667557456)**

AND

**MS. S SYED RAFIAMMAL AP/ECE
(7010512226)**



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About the webinar

Current lockdown situation has an effect on young people's mental health because of being away from schools, work, peers, adjusting to new ways of learning and working. This webinar will focus on stress management and to help the participants get through this stressful times

Who Can Attend??

- School Students**
- Working Professionals**

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