

### 5.1.2 Report on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills 2021-22

#### 3. ONLINE WEBINAR-Regaining a sense of control: "Insights from Psychology to navigate the unknown and adapt to the new normal." (29-10-2021).

An online session was organized by the Department of Economics for providing psychological support for the wellbeing of the students who were pursuing online classes. Ms. Sumangali Radhakrishnan Assistant Professor, Jesus and Mary College, University of Delhi was the key speaker and she addressed the various issues which are pertaining to the student community in general and provided solutions for the same. Issues relating to stress and solutions to overcome the same have been discussed.

**EDUCATE LIBERATE**  
SREE NARAYANA COLLEGE CHENGANNUR  
Govt Aided College affiliated to the university of Kerala  
(NAAC accredited with Grade B)

POST GRADUATE DEPARTMENT OF ECONOMICS

Cordially invite you to the online session  
on

Resource Person

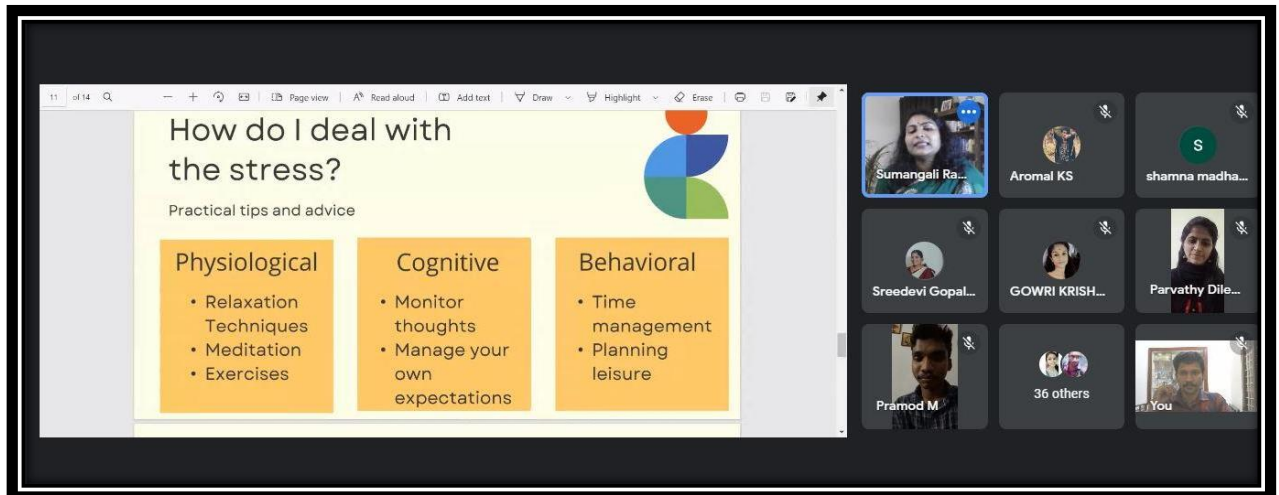
  
"Regaining a sense of control: Insights from Psychology to navigate the unknown and adapt to the new normal."

Ms. Sumangali Radhakrishnan  
Assistant Professor  
Jesus and Mary College  
University of Delhi

Join us on   
Date: 29-10-2021  
Time: 05.00 pm  
<https://meet.google.com/hty-swaf-cqn>

Smt. Sreedevi Gopalakrishnan  
HOD, Dept of Economics, SNCC

Smt. Shereen K  
Principal, SNCC



### ***Online session on psychological support***

Students were given certain live experiments to illustrate the concepts. A total of 63 students participated in the online session. HoD Smt Sreedevi Gopalakrishnan welcomed the guest and participants to the session and Dr Shamna T C expressed the vote of thanks.