

**31. Webinar on regaining a sense of control: “Insights from Psychology to navigate the unknown and adapt to the new normal”, Department of Economics, 29 October, 2021, 05.00 PM**

An online session 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 has been discussed. 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.



 **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



meet.google.com/hty-swaf-cqn?authuser=0

Sumangali Radhakrishnan Nair is presenting

# How do I deal with the stress?

Practical tips and advice

| Physiological  | Cognitive   | Behavioral   |
|--|---|--|
| <ul style="list-style-type: none"><li>Relaxation Techniques</li><li>Meditation</li><li>Exercises</li></ul> | <ul style="list-style-type: none"><li>Monitor thoughts</li><li>Manage your own expectations</li></ul> | <ul style="list-style-type: none"><li>Time management</li><li>Planning leisure</li></ul> |

5:47 PM | Regaining a sense of control: Insights from ...

28°C Light rain 5:47 PM 10/29/2021

