

**BRACT's**

**Vishwakarma College of Arts, Commerce and Science, Pune**

**Department of Commerce**

**Report on**

**National Level Webinar on "Work Stress Management & Emotional Well-being during COVID-19"**

**Date:** 5th March 2021.

**Platform:** Google meet.

BRACT's, Vishwakarma College of Arts, Commerce and Science, Pune, conducted a **National Level Webinar on "Work Stress Management & Emotional Well-being during COVID-19"** for Administrative Staff and Faculty Members dated 5th March 2021 at 3.30 PM.

**Expert Faculty: Manasi Kshirsagar**

**Clinical Psychologist, Psychotherapist, Trainer**

**Manasvi Counseling Services, Pune**

**Objective of Webinar:**

- To learn to manage stress.
- To discuss the importance of balanced life, with time for work, relationship, relaxation and fun.
- To know how to resilience to hold up under pressure and meet challenges head on.
- To learn to get relief from work stress
- To learn to relax brain and again get back to work.
- To know how to deal with this pandemic stress.

## **Outcome of the Webinar:**

**Manasi Kshirsagar** has given the knowledge about the “Work Stress Management & Emotional Well-being during COVID-19” to administrative staff and faculty members. Manasi Kshirsagar explained what stress is and how to deal with stress. The importance of self-change was explained.

## **Following points were highlighted in webinar:**

- Speaker explained Stress is just a word with lot of emotions and negative thoughts and the stressors were discussed and the reason for stress can be different for every person.
- Speaker explained the two types of stress which are Eustress and Distress.
- Speaker encouraged all the participants to take a minute and think about Eustress & Distress.
- Speaker explained that stress impacts not just the mental state but also Body or Physic.
- Speaker informed that we deal with stress only on temporary basis and not on permanent basis.
- Speaker informed the more you put out your negative emotions by writing it or telling about it to someone the more you feel fresh.
- Speaker discussed about the way one can accept stress.
- Speaker discussed about dealing stress with choice and importance of practice, consistency.
- Speaker told the 4 tips of dealing with stress, Express emotions, make choices and take responsibility are a few things necessary for learning to handle one's own stress.


- Speaker told the importance of sleeping on time and getting up early and also importance of taking meals at time. These are the scientific methods of dealing with stress. These are long term stress management ways.
- Speaker informed that saying NO is also a way of stress management. Also the choice of words and speech matter a lot.
- The presentation of Speaker is well organized and Knowledgeable.

The webinar was very helpful and effective for all the administrative staff and faculty members.

### **Participants benefited – 77**

  
Prof. Anjum Patel  
NAAC Coordinator

  
HoD (Commerce)

  
Principal  
Dr. Arun R. Patil  
PRINCIPAL  
Vishwakarma College of Arts,  
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# Photos of the Webinar:

