

BALAGARH BIJOY KRISHNA MAHAVIDYALAYA

Report of Webinar on

**“Promoting a Healthy Mindset in Covid 19 Pandemic and Managing Academic Stress”**

Speaker: Dr. Nandita Dev, Assistant Professor and Head, Dept. of Education, Shishuram Das College

Organised by: IQAC, Balagarh Bijoy Krishna Mahavidyalaya

Date: 20 June 2020. Time : 4 - 5: 30 pm

No. of Participants: 55

Platform : Google Meet

Expenditure: Nil

Convenor: Abhijit Ghosh, Assistant Professor of English & Coordinator, IQAC

Objectives:

To enable students to handle academic stress during the Covid 19 pandemic

Structure of the programme:

The Principal welcomed the speaker and highlighted the stress related problems during the pandemic especially of students belonging to rural area and financially poor backgrounds.

The Covid-19 pandemic has dramatically altered the landscape of education, ushering in a myriad of challenges for students worldwide. Amidst the chaos, managing academic stress has become a critical concern. The abrupt shift to remote learning, coupled with the uncertainty surrounding exams and graduation, has exacerbated anxiety levels among students. Navigating the academic landscape during a global crisis demands resilience and adaptability. Establishing a structured routine can provide a sense of normalcy amidst the chaos. Setting realistic goals and breaking them down into manageable tasks can help alleviate overwhelming pressure. Moreover, prioritizing self-care is paramount. Engaging in regular exercise, maintaining a balanced diet, and getting sufficient sleep are essential for mental and physical well-being. Practicing mindfulness techniques such as meditation or deep breathing can also help alleviate stress and promote focus. Additionally, staying connected with peers and professors, albeit virtually, fosters a sense of community and support. Sharing experiences and seeking advice from others facing similar challenges can provide valuable insights and encouragement.

*Balagarh Bijoy Krishna Mahavidyalaya  
Balagarh, Hooghly  
(Affiliated to the University of Burdwan)*

State Level Webinar on  
**"PROMOTING A HEALTHY MINDSET IN COVID 19  
PANDEMIC AND MANAGING ACADEMIC STRESS"**

Organized by  
IQAC, Balagarh Bijoy Krishna Mahavidyalaya  
20<sup>th</sup> June 2020 4 pm - 5:30 pm



**DR. NANDITA DEB**  
**M.Sc, M.Ed, M.A(Edu), M.Phil, Ph.D**  
**Assistant Professor & Head, Department Of Education, Shishuram Das  
College (Govt.Aided), University Of Calcutta.**

Patron:

Dr. Pratap Banerjee,  
Principal, Balagarh  
Bijoy Krishna  
Mahavidyalaya

Organizing Committee:

Convener: Dr. Abhijit Ghosh, Assistant Professor of English & Co-ordinator,  
IQAC.

Members: Prof. Dalia Hossain, Dr. Asima Halder, Prof. Preyosi Adak, Prof.  
Dibyendu Bhattacharyya, Shri Prasanta Mondal (Technical Assistance)

Registration link:

[https://docs.google.com/forms/d/e/1FAIpQLSeF1JIm58P4rWj-zLsy2Hz8oLPIP7LyZhBihbgPMp5hasPkYQ/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSeF1JIm58P4rWj-zLsy2Hz8oLPIP7LyZhBihbgPMp5hasPkYQ/viewform?usp=pp_url)



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Poster of the Programme