



Office of the Principal

Govt. Degree College Pampore

گورنمنٹ ڈگری کالج پانپور (کشمیر)

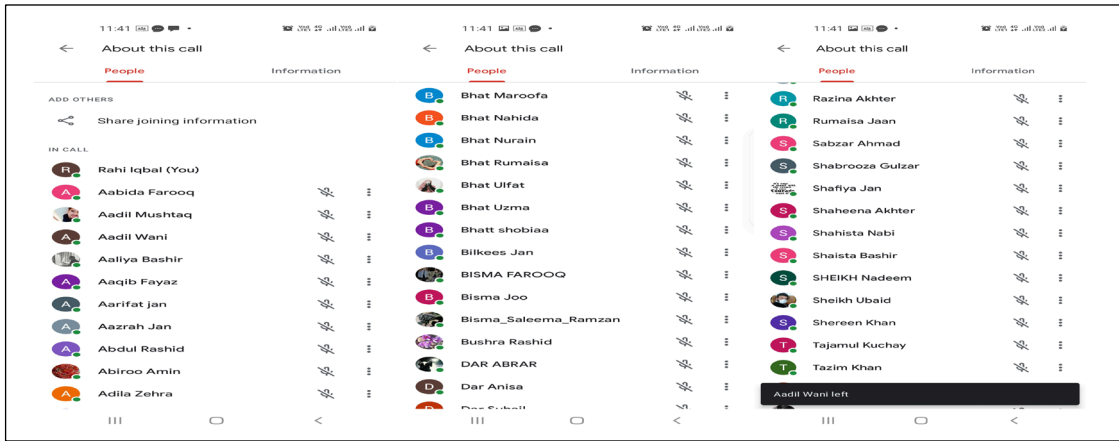
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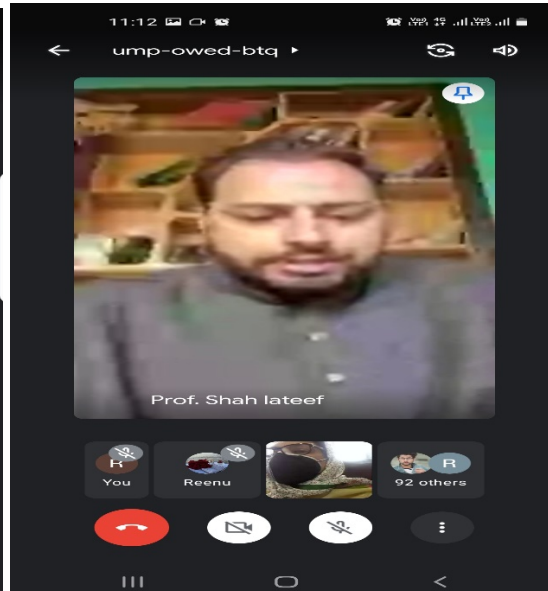
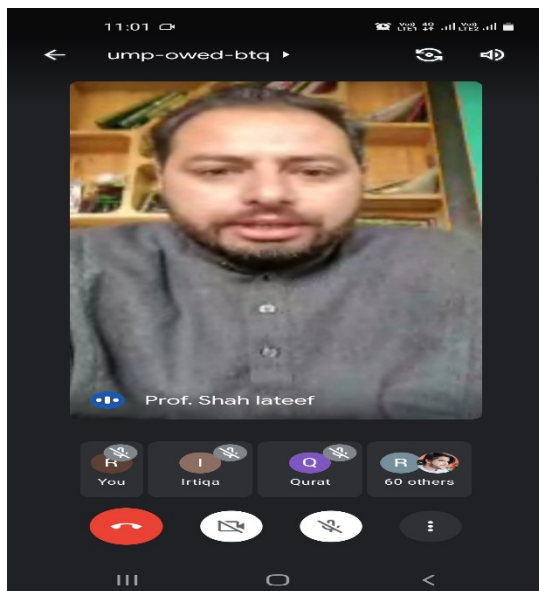
## One day seminar on Coping Stress Amid COVID-19

*“The Role of Teachers”.*

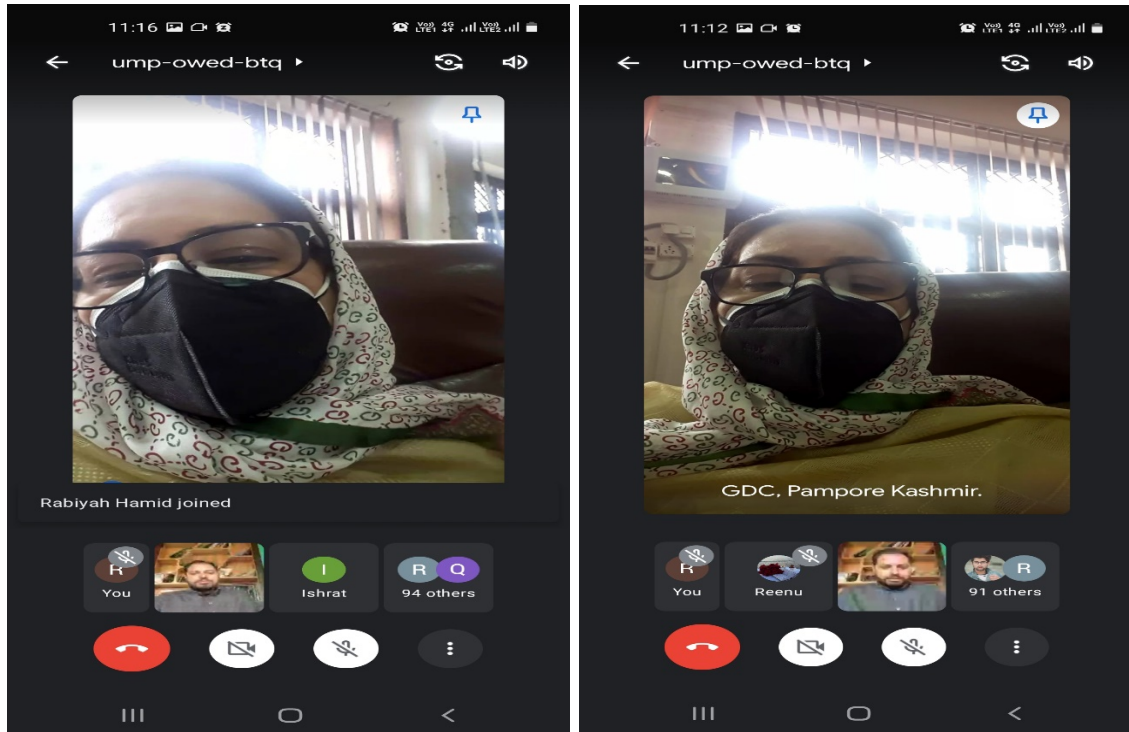
### A report



Today on 11<sup>th</sup> of May, 2021 (Tuesday) a one-day seminar was organised on the theme “Coping Stress Amid COVID-19: The Role of Teachers.” by the College Psychological Counselling Cell under the aegis of IQAC, Government Degree College Pampore- Pulwama The Program was participated by a good number of students and faculty members of the college. Programme was conducted in online mode by using Google Meet platform.

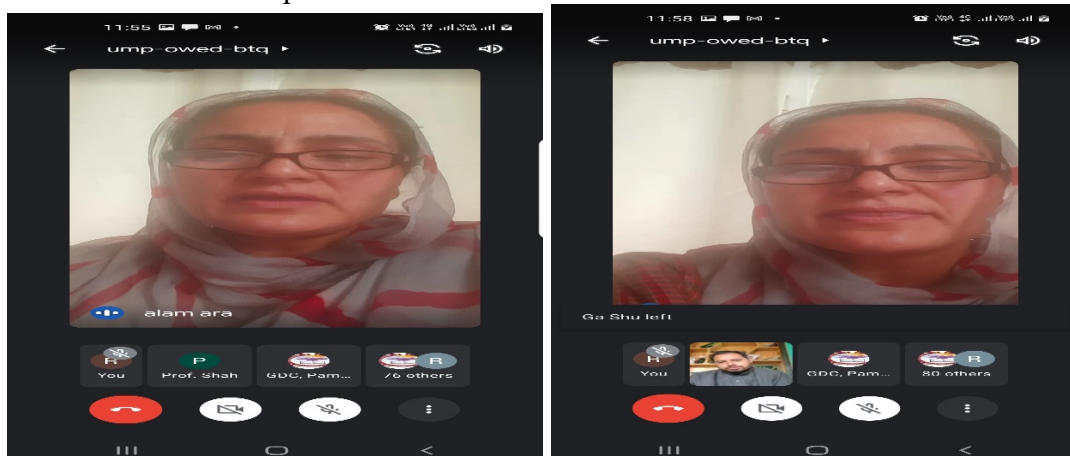


Prof. Shah Lateef initiated the event by welcoming the versatile leader and the speaker of the event Prof (Dr.) Seema Naz. Prof. Lateef also moderated the whole seminar.



The worthy speaker Prof (Dr.) Seema Naz informed the audience with the prevailing scenario of the pandemic of COVID-19 by sharing the latest statistics at national as well as at local level. Dr. Naz enlightened the audience with adverse effects of stress on health and personality development of students. Dr. Naz deliberated on various problems faced by students during this period of pandemic like shifting from offline mode of learning to online mode of learning, disturbed routines, huge academic burdens and the like. Consequently, such situation escalates to “Stress” among students.

Dr. Naz highlighted the significance of understanding the stress and coping strategies by the students for their overall development. Distress had disturbed the sleeping patterns, eating habits, lifestyle and physique of the students. The prevailing situation has resulted into stress and which manifested it in the form of loss of interest in studies and confused minds. Dr. Naz detailed various coping strategies like, meditation, yoga, community services etc to overcome the evil effects of the stress. She impressed the audiences by her in-depth knowledge and understanding of the subject which was evident in her fluent vibrant speech.



A formal Vote of Thanks was presented by the Prof. Aalam Ara, Secretary of the Staff Council of the college putting on record a sincere thanks to all the on-stage and off-stage participants of the event marking the conclusion of the event.

**Rapporteur**

Rahi Iqbal  
Assistant Professor of Commerce  
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