



JANSONS INSTITUTE OF TECHNOLOGY
COIMBATORE 641 659

JIT/ VE-SIP CELL/2020-21/05

10.05.2021

CIRCULAR

VALUE EDUCATION AND STUDENT INDUCTION PROGRAM- (VE- SIP)CELL



On behalf of VE-SIP cell it is proposed to organize a webinar on “**Managing Anxiety and Stress**” on **15.05.2021** for all UG/PG students, Academician and Industrialist. Kindly disseminate this to all your department to make this event a grand success by active participation.

E.S. Shamila
Dr.E.S.SHAMILA

Faculty in charge

[Signature]
Principal

CC to:

The Principal
All Dept. Heads
Members of VE-SIP CELL
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VALUE EDUCATION AND STUDENT INDUCTION PROGRAM- (VE- SIP)CELL



DATE : 15.05.2021

A webinar on “Managing Anxiety and Stress”

AGENDA

1. PRAYER SONG
2. WELCOME ADDRESS
3. KEY SPEAKER ADDRESS
4. VOTE OF THANKS
5. NATIONAL ANTHEM




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Report

Name of the Program / Activity / Event / Others	A webinar on Managing Anxiety and Stress - COVID-19
Date & No. of days	15.05.2021
Organized by	Value Education – Student Induction Program Cell(VE-SIP)
In association with	-
Venue	Online
Participants/ Beneficiaries	Graduate's, Postgraduate's, Academician's and Industrialist's which includes both Internal and External

Event brief (500 words with photo):

The VE-SIP cell organized A webinar on Managing Anxiety and Stress - COVID-19 on May 15th 2021. The webinar was lead by Dr.E.S.SHAMEEM SULTHANA Associate Professor, PG Department of Computer Science, Bhaktavachalam Memorial College for Women, Chennai Totally 50 participants attended this webinar.

- The COVID-19 pandemic has had a major effect on our lives
- Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children
- Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety
- Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.
- Stress can cause the following:
 - Feelings of fear, anger, sadness, worry, numbness, or frustration
 - Changes in appetite, energy, desires, and interests
 - Difficulty concentrating and making decisions
 - Difficulty sleeping or nightmares

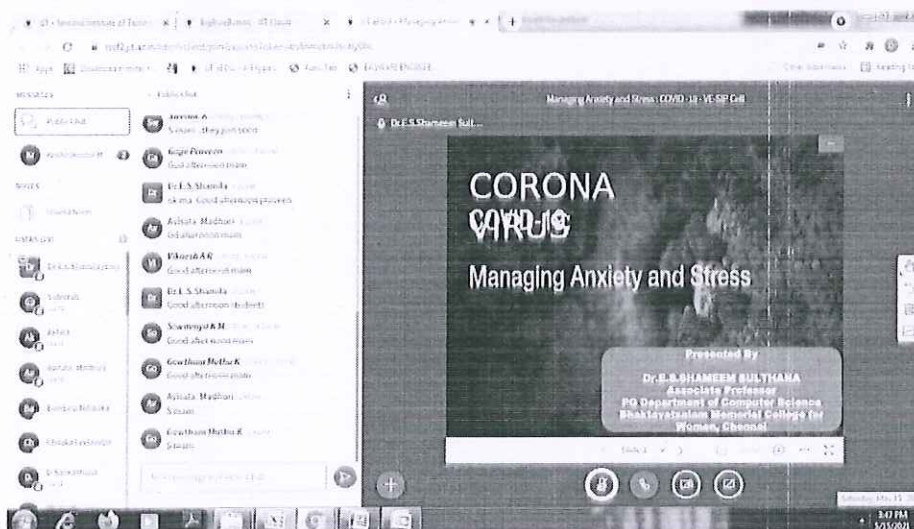
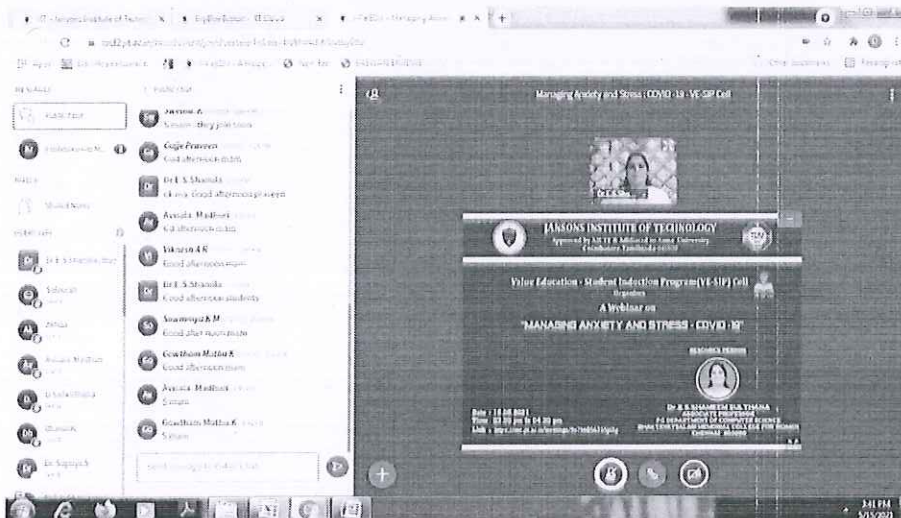
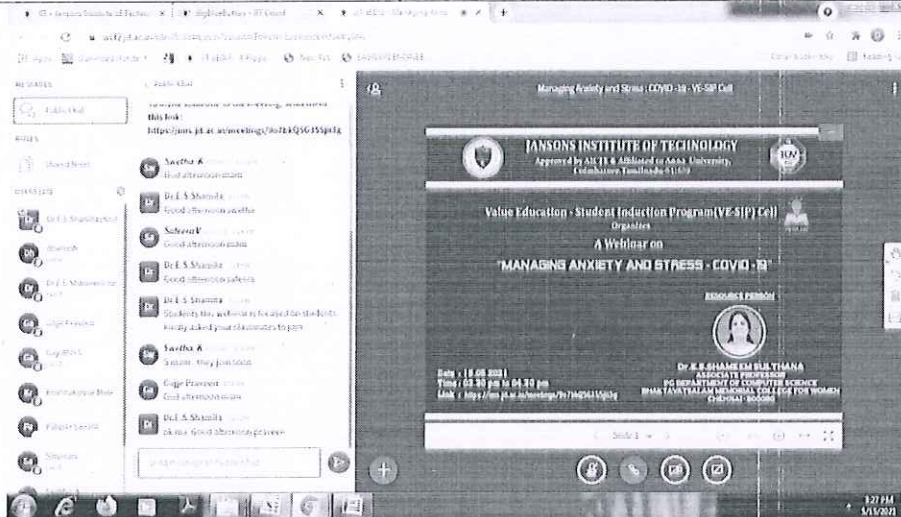
Dr.E.S. Shameem Sulthana motivated the students how to manage the stress. The session was very interactive.

A webinar on Managing Anxiety and Stress - COVID-19



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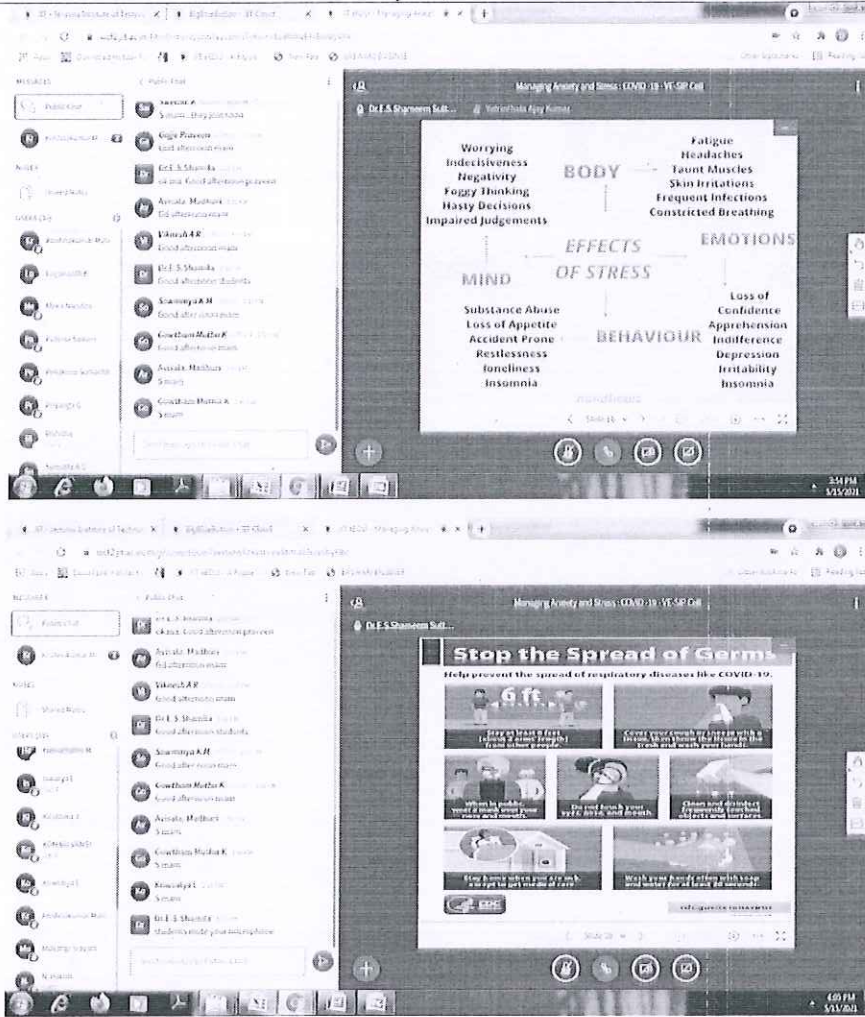


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Outcomes	Participants understand how to manage the stress..
Feedback	Very Good and interactive.
Suggestions / Future actions	Planned for conducting every year.

Date : 15.05.2021

E.S. Shanmugam

**Faculty In-charge
VE-SIP Coordinator**



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