

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR-10

HRD LECTURE SERIES

REPORT ON ONLINE GUEST LECTURE

ON

STRESS MANAGEMENT IN TIMES OF COVID

DATE: 04 June 2021

Human Resource Development Cell of Dr. Ambedkar College Deekshabhoomi, Nagpur organized the second online Guest lecture on Stress Management in times of Covid, on 04 June 2021 at 4 pm on ZOOM platform via Internet. Guest speaker was Col. Avinash Muley, a veteran officer of the Indian Army. The guests were introduced by Dr. Mrs Priti Singh, Coordinator of HRD Cell and Associate Professor in the Department of English. Dr. Mrs Bhumi Mehere, Principal, Dr. Ambedkar College, DeekshaBhoomi, Nagpur in her introductory speech said that the situation of stress is all around globally. The severity of it is very horrifying and we all are the victims of it. In this pandemic, it's very important to be stress free and cope with the situation.

Guest speaker Col. Avinash Muley, while addressing the teaching staff said that in this hour of pandemic, everyone is certainly suffering from some or the other kind of stress. This stress makes us cry, angry but the choice to be happy is ours alone. Deriving references from the Ramayana, he said that one must follow the exemplary Rama in learning how to handle stress. He suggestion was that a way to reduce stress is to control our mind and to stop thinking negatively. A very well quote mentioned by Col. Muley is to have the attitude of gratitude. We must be thankful to God for he has provided us with a good life and health. A very negative aspect of us said Col. Muley is that we have made our mind as a dustbin where we keep bitter things which acts as scar on our mind. It is better to remove stress to make our life happy. Lastly, he said think positively about things be it bad or worse.

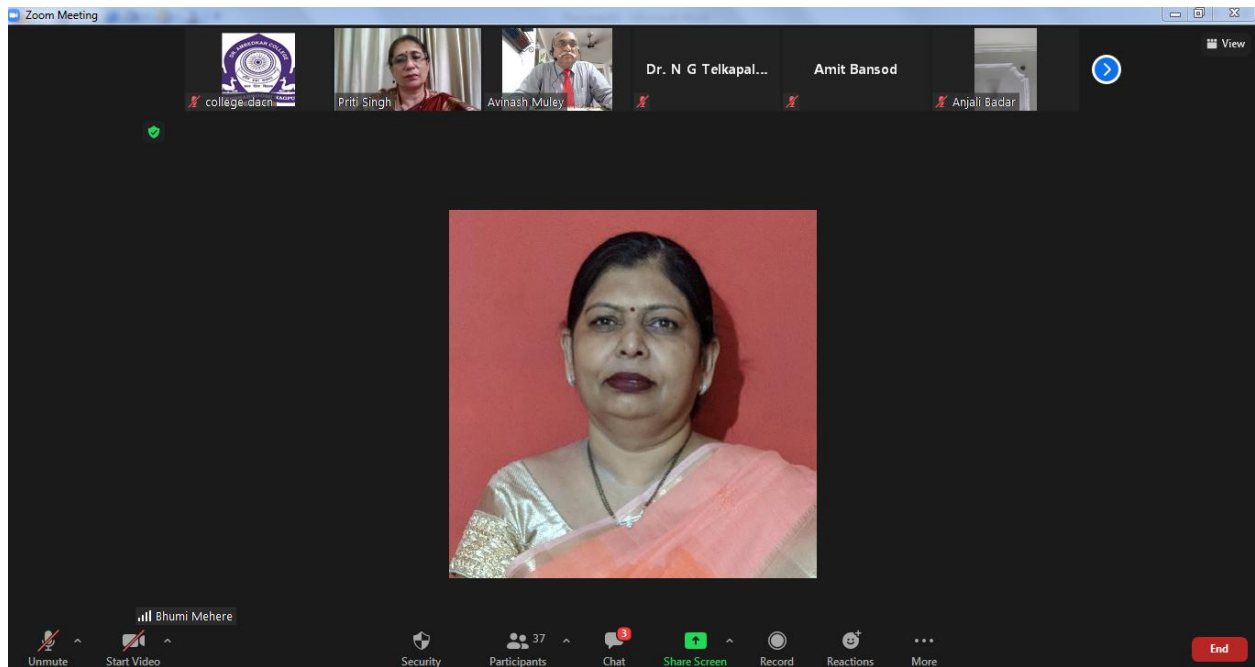
Stress has to be identified before we learn to manage it. Stress is there in one or the other way in every human being. It is relative in nature. When we take stress, it harms our body. He then discussed on the different types of stress and their hazardous effect on us like acute stress, episodic stress and chronic stress. The Episodic stress causes one to cry, becomes angry quickly and creates negativity and distrust. Stress affects mind and body. Chronic stress leads to cancer, heart attack and even suicide. If one reach to the chronic stress, he/ she has to consult psychiatrist.

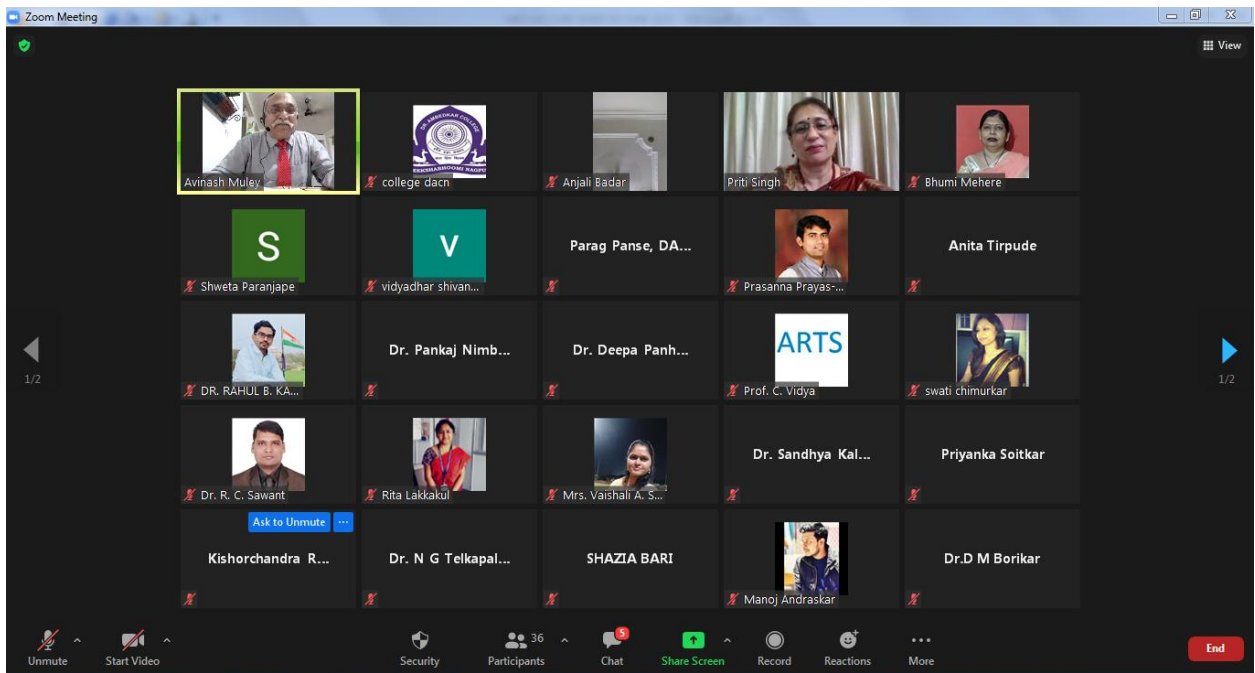
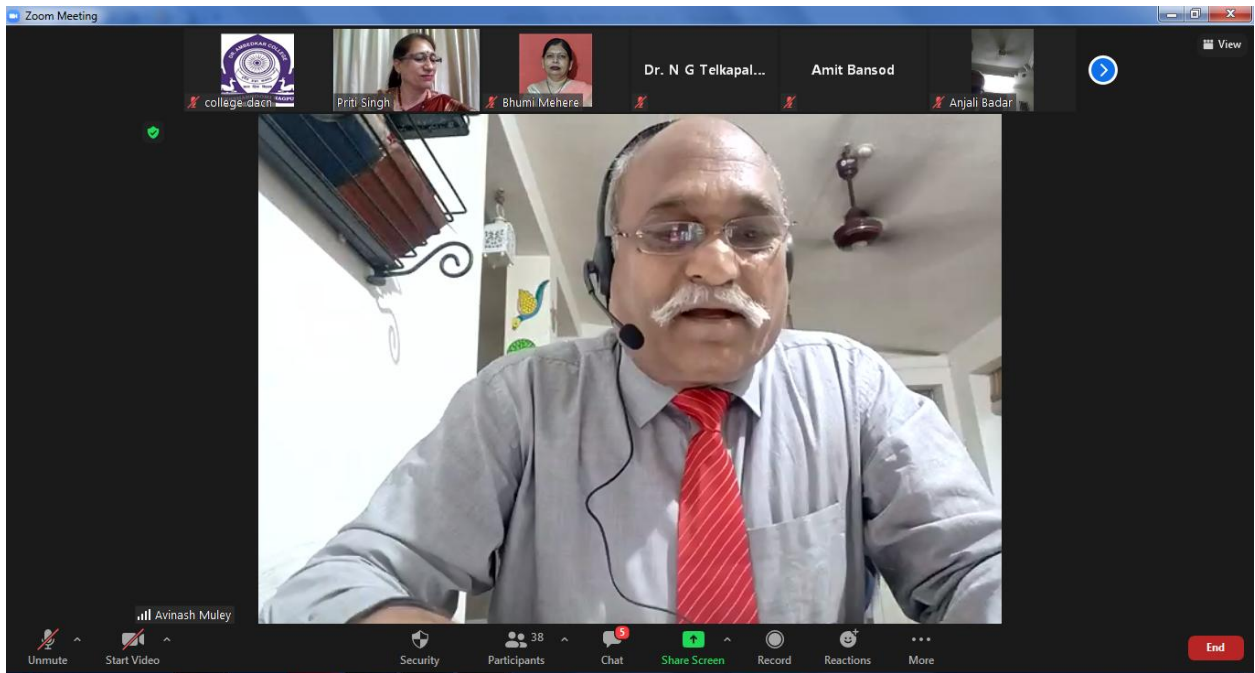
Several questions were asked by the staff, which were very well answered by Col Muley. The program was conducted by Dr. Mrs. Priti Singh, Coordinator, and HRD Cell. Ms. Anita Tirpude, Assistant Professor, Department of English presented a vote of thanks. On this occasion, Teaching Staff from the various departments of DACN were present.

HRD LECTURE SERIES

04 JUNE 2021

SNAPS





Zoom Meeting

Avinash Muley is talking...

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Participants (38): Avinash Muley, college dacn, Anjali Badar, Priti Singh, Shumi Mehere

Zoom Meeting

Participants (38)

Find a participant

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Participants (38): college dacn (Host, me), Avinash Muley, Priti Singh, Amit Bansod, Anita Tirpude, Anjali Badar, Shumi Mehere, Dr. D. H. Puttevar, Dr. Deepa Panthekar, Dr. N G Telkapallwar, Dr. Pankaj Nimbalkar, Dr. R. C. Sawant, DR. RAHUL B. KAMBLE, Dr. Sandhya Kalandhad

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What Is Stress?

- Defining stress is tougher than you may think. While some events are universally considered stressful (a potentially serious illness like COVID-19, a divorce, or a natural disaster, for example), experts say that most stress is actually in the eye of the beholder. What stresses out one person may go unnoticed by another.
- “It’s more about your resilience and ability to cope than it is about a particular stressful event,” says Michelle Dossett, MD, PhD, MPH, an assistant professor of medicine at Harvard Medical School.

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Participant list: Avinash Muley, college-dacn, Anjali Badar, Priti Singh, Bhumi Mehere

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STRESS IS A NORMAL FEELING

Types of Stress

CHRONIC STRESS

Chronic Stress leads to serious health problems, because it disrupts nearly every system in your body. Part of what makes chronic stress so insidious is its ability to become “normal” feeling. This pattern of enduring is what makes chronic stress such a serious health issue. Poverty, trauma, general pressure from the demands of life, and more can all cause chronic stress. Chronic stress can lead to cancer, strokes, and heart attacks, as well as violent behavior and even suicide. Though one of the most difficult issues to treat, it’s never too late to start undoing the damage.

Participant list: Avinash Muley, college-dacn, Varsha Panbude, Priti Singh, Bhumi Mehere