



Webinar On **Stress Coping Strategies during COVID -19**

A one-day webinar on “**Stress Coping Strategies during COVID -19**” was organized by **Training and Placement cell of Faculty of Engineering & Technology, University of Lucknow** on April 22nd 2020 in cooperation with **Dr. Rajlaxmi Stress counselor and Life Coach** for all the students of our faculty.

Objective: The webinar aimed at helping students to stay mentally fit during the tough times of lockdown during pandemic through providing them stress coping strategies.

Highlights:

Webinar was presided over by **Prof. R.S Gupta**, Coordinator/Incharge, *Faculty of Engineering and Technology*, who inaugurated the webinar. Introduction of the programme was given by Dr. Himanshu Pandey to the students.

The webinar was based on very important theme that is how to stay positive and stress free during COVID -19. The speaker gave various strategies like Isha Kriya, Meditation, Positive Thinking, development of hidden talents etc. to make your life calm and composed during this tough period. Students enjoyed videos and storytelling in between the sessions. The speaker advised participants to use this lockdown period for their own career enhancement with the help of a few promising online certification courses and enhancing present skills. She also said that every student should get a chance to improve their communication skill by making their own videos. Students should have a proper sleep cycle and good food intake in this period. Students can check their sleep cycle index with the help of **Pittsburgh Sleep Quality Index Scale** which is very well available on google where students can get their Sleep cycle Score and accordingly plan their course of action for a better lifestyle. Students should enjoy their hobbies like gardening, Painting, Music, Cooking etc. in this period. At the end of webinar students raised several queries and expert answered their all questions satisfactorily.