

Government College for Women, Karnal organized an International Webinar on the topic “How to Thrive in a Stressful Situation: Practical Tips and techniques” under the aegis of Directorate of Higher Education, Haryana on 28.06.2020. Keeping in view the vision of finding solutions to the various societal problems arising due to Corona Pandemic, this International webinar was organized in guidance of Hon'ble Principal Dr. Anuradha Punia. Dr. Punam Bagi, Associate Professor of Department of Psychology was the Convenor and Dr. Ekta Arora, Assistant Professor, Department of Chemistry, was the Co-Convenor of the programme. Ms. Vandana and Dr. Sapna, Assistant Professor of Department of Computer Science, were the Organizing Secretaries.

The Keynote speaker of the day was Mr. Hamesh Yadav, Director of “Royal Life Coaching Institute”, Behaviour consultant, Australia, enriched the participants with stress reducing tips and techniques mainly Havening Technique. Dr. Hemant Verma, Deputy Director, Higher Education Department, Haryana was the second invited speaker. He delivered his lecture on “The Stress management Technique for Higher Education Teachers” and gave number of tips to combat stress. More than 200 Participants from all over the country and abroad attended this webinar.