



Government of Karnataka
Department of Collegiate Education

**Dr. S. GOPALARAJU GOVERNMENT
FIRST GRADE COLLEGE, ANEKAL - 562106**

Affiliated to Bangalore University, Re-Accredited by NAAC with 'B' Grade & RUSA Funded

**DEPARTMENT OF SOCIOLOGY
in association with
INTERNAL QUALITY ASSURANCE CELL**

organizes webinar on

“COPING WITH STRESS DURING COVID PANDEMIC”

Date: 23-05-2021

Time: 2.00 P.M

Department of Sociology in association with Internal Quality Assurance Cell organized Webinar on Coping with Stress on 23, May 2021 at 2.00 P.M. The webinar was conducted on Zoom Meetings virtual platform in which 68 participants from across streams of B.A, B.Com, B.B.A and faculty members have attended. The webinar started with a formal welcome by Salma Bano, Assistant Professor, Head, Department of Sociology, event chaired by Dr. Ramakrishna Principal. The speaker Mr. Maruthy, Well-Being Officer, Karnataka State Police. He shared his knowledge and provided an insight to deal with current situation of pandemic.

The COVID-19 pandemic has effected on all aspects of our life. Many of us are facing challenges that can be stressful and cause stray emotions among us. It has been a situation to deal with stress and uncertainty in different ways. Certainly it was stress, increased anxiety, worry about family, friends and neighbourhoods. The webinar has enlightened the participants about how to cope with stress in a positive and healthy way.

The speaker of the webinar Mr. Maruthry, has focused on how pandemic and its far-reaching implications continue to unfold us. Its normal to experience a wide range of thoughts, feelings and reactions which include:


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- Feeling stressed
- Anxiety, worry, fear
- Sadness
- Fatigue
- Frustration, anger
- Feeling disconnected from others

There has been loss of life changes in our way of life like studies, work, social gatherings, bringing disruptions and uncertainty. The resource person suggested ways and strategies to cope with stress:

- Protect yourself and others from COVID-19.
- Regular exercise and meditation.
- Follow day to day routine, eating healthy meals, physical exercise and enjoy doing things.
- Extend social support
- Follow standard operation procedures.

The webinar ended with a formal vote of thanks proposed by Dr. Salma Bano, Assistant Professor, Department of Sociology & IQAC Coordinator.


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BROCHURE



GOVERNMENT OF KARNATAKA

DEPARTMENT OF COLLEGIATE EDUCATION

Dr. S. GOPALARAJU GOVERNMENT FIRST GRADE COLLEGE

Attibele Road, Anekal, Bengaluru Urban District – 562106

Re-Accredited by NAAC with 'B' Grade & RUSA Funded College

DEPARTMENT OF SOCIOLOGY

in association with

INTERNAL QUALITY ASSURANCE CELL (IQAC)

organizes webinar on

“COPING WITH STRESS DURING COVID PANDEMIC”

Date: 23-05-2021

Time: 2.00 P.M

❖ Students from all streams of BA, BCom & BBA can participate

President: Prof. RAMAKRISHNA

PRINCIPAL

Dr. S. Gopalaraju Govt. First Grade College, Anekal

Resource Person: Mr. MARUTHI

MSc, PGDPC, DCMH (NIMHANS)

Well-Being Officer

Karnataka State Police

Convener: SALMA BANO

Assistant Professor

Head, Dept. of Sociology

Coordinator, IQAC

ALL ARE CORDIALLY INVITED

Registration Link: <https://forms.gle/cAw1ZoidiPJBomVKA>





Participants List

Webinar on Coping with Stress during COVID pandemic
Participants list

Timestamp	Email Address	2. Gender	3. Course	4. Semester	5. Contact No.	6. Register Number	1. Name of the student	Score
5/22/2021 8:32:37	archanaachurchhansawth11@gmail.com	Female	B.A	4 Semester	861991021	19RAA80054	Archana H H	
5/22/2021 10:15:39	chandrashekar.ca.h0003@gmail.com	Male	B.A	2 Semester	8741221987	20RAA80026	Chandra Shekar P	
5/22/2021 13:12:35	sindhuan06@gmail.com	Female	B.A	2 Semester	9980498323	20HE380050	Sindhu an	
5/22/2021 13:13:09	pr026545@gmail.com	Female	B.A	4 Semester	9986419040	19RAA80025	BRUNDA P	
5/22/2021 13:14:26	ju18261@gmail.com	Male	B.A	2 Semester	6740883367	20RAA80042	Jayakumar v	
5/22/2021 13:23:21	archita2082001@gmail.com	Female	B.A	4 Semester	8894021523	193ca80030	Archita v	
5/22/2021 13:29:27	poonvivekhan@gmail.com	Male	B.Com	4 Semester	8791867174	19RAC41008	Apoorna sasikan	
5/22/2021 13:30:27	ahushinay9909@gmail.com	Male	B.A	2 Semester	8073722182	20RAA80006	Ashraya V	
5/22/2021 19:31:05	vijayk0201@gmail.com	Female	B.A	6 Semester	3035513347	19RAA80053	Vijayamma S	
5/22/2021 13:32:06	sukanyam19@gmail.com	Female	B.A	6 Semester	9066074426	19RAA80056	Soudanya v	
5/22/2021 13:32:27	prityanika0201@gmail.com	Female	B.A	6 Semester	8302520157	19RAA80057	Prityanika S	
5/22/2021 13:34:47	subhadrangana@gmail.com	Female	B.A	6 Semester	8645930202	NA	Dr M. S Arjuna	
5/22/2021 13:35:45	ChaitraChaitra084@gmail.com	Female	B.A	6 Semester	9032025441	19RAA80039	Chaitra R	
5/22/2021 13:44:35	rajnarain85@gmail.com	Female	B.A	4 Semester	9964726442	19RAA80049	Rajnarain	
5/22/2021 13:45:56	kpp2463@gmail.com	Male	B.A	6 Semester	027135424	19RAA80048	Pranod kp	
5/22/2021 13:58:26	vasanth090207@gmail.com	Male	B.Com	4 Semester	8431636300	19RAC41004	Vasantha J	
5/22/2021 13:59:08	dnyadvy439427@gmail.com	Female	B.A	2 Semester	7795493935	20RAA80058	Dnya.M	
5/22/2021 13:59:39	svetithasana02@gmail.com	Female	B.A	6 Semester	8671214429	19RAA80038	Shvasathree S	
5/22/2021 14:07:06	nkran3210@gmail.com	Male	B.A	6 Semester	8740798362	19RAA80019	Kiran N D	
5/22/2021 14:12:49	lahariveti2003@gmail.com	Female	B.Com	4 Semester	8902058487	19RAC41035	Lahari s	
5/22/2021 14:26:21	dileepkumar23@gmail.com	Male	B.A	6 Semester	6762715560	19RAC26002	Dileep Kumar A	
5/22/2021 14:31:29	sunia_papu_789@gmail.com	Female	B.Com	2 Semester	9632069887	20RAC41072	Sunia M	
5/22/2021 14:48:22	prakashg09@gmail.com	Male	B.Com	2 Semester	8861342057	20RAC41054	Prakash s	
5/22/2021 14:56:13	shethanajini@gmail.com	Male	B.A	4 Semester	8531217779	19RAA80042	Chetan v	
5/22/2021 15:06:45	JyothiJyothi77526@gmail.com	Female	B.A	6 Semester	6364763213	19raa80041	Jyothi S	
5/22/2021 15:24:13	hveshta_r13101998@gmail.com	Female	B.A	4 Semester	8648835986	19RAA80059	Hveshta.R	
5/22/2021 15:35:56	www.puzha77@gmail.com	Female	B.A	4 Semester	872812590	19RAA80048	Puzha.N	
5/22/2021 15:50:42	dahut7860003@gmail.com	Male	B.Com	6 Semester	746965021	812094203	Dawood	
5/22/2021 15:59:24	gostilucky1222@gmail.com	Male	B.A	4 Semester	8722230643	8722230643	Getish Kumar K N	
5/22/2021 16:07:58	malkaman065@gmail.com	Male	B.A	4 Semester	9006367989	19RAA80045	Manoj Kumar N	
5/22/2021 16:14:58	svama1992abharthanna@gmail.com	Female	B.A	6 Semester	8310079063	19RAA80052	Svama R	
5/22/2021 16:41:16	supthel_v@yahoo.com	Female	B.Com	2 Semester	9645100647	00	G V SAIJATHA	
5/22/2021 16:44:30	madhumathi1176@gmail.com	Female	B.Com	2 Semester	8601802908	20BCCM41031	KUSHMA S	
5/22/2021 16:50:33	akannadga@gmail.com	Male	B.Com	2 Semester	6362364035	20BCCM41009	Arun kumar R	
5/22/2021 16:56:07	hanishan48262@gmail.com	Male	B.Com	4 Semester	9113623037	9113623037	Hanish S	
5/22/2021 17:01:07	somasheetharadhyal234@gmail.com	Male	B.Com	2 Semester	911365296	20BCCM41060	Somasheetharadhyas	
5/22/2021 17:04:35	poopyash@gmail.com	Female	B.Com	2 Semester	8217586066	20RAC41051	Pooja y o	
5/22/2021 17:05:13	malikarjuna@gmail.com	Male	B.A	4 Semester	9108188296	19RAA80047	Malikarjuna C	
5/22/2021 17:19:07	kannara@gmail.com	Female	B.A	4 Semester	8625717911	19RAA80041	Shashita S	
5/22/2021 17:27:56	kannara864@gmail.com	Female	B.A	4 Semester	081772641	19RAA80056	Kavitha k	
5/22/2021 18:22:44	143gagadeeth@gmail.com	Male	B.A	2 Semester	968172004	20RAA80016	Jagadeetha V	

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Government First Grade
Anekal - 562 106

Timestamp	Email Address	2. Gender	3. Course	4. Semester	5. Contact No.	6. Register Number	1. Name of the student	Score
5/22/2021 18:25:47	nandiniakshman@gmail.com	Female	B.A	6 Semester	9916329140	1234	Nandini L (Guest Faculty Dept of Sociology)	
5/22/2021 18:37:27	supriya99@gmail.com	Female	B.A	2 Semester	9911237286	20RAA80065	Supriya p	
5/22/2021 18:45:23	8296126@gmail.com	Female	B.A	4 Semester	8296126439	19RAA80060	Sukanya V	
5/22/2021 18:48:22	poornimaqueen02@gmail.com	Female	B.A	2 Semester	8904065941	20RAA80049	Poornima R	
5/22/2021 18:56:13	s9600396@gmail.com	Female	B.A	2 Semester	8088818041	20HEK80032	Paibai s	
5/22/2021 18:58:05	chaitra091973@gmail.com	Female	B.A	2 Semester	7411767324	20RAA80017	Chaitra BC	
5/22/2021 19:01:11	lubna222694@gmail.com	Female	B.Com	6 Semester	9741222694	19rac41029	LUBNA FIRDOS K	
5/22/2021 19:08:27	shashi1152001@gmail.com	Female	B.Com	6 Semester	7022508119	19RAC41059	Shashi R	
5/22/2021 19:12:52	revinidraipawar143@gmail.com	Male	B.A	2 Semester	7524869664	20RAA80029	Ravi nidraan pawar	
5/22/2021 19:36:30	prajwal126@gmail.com	Male	B.A	2 Semester	6362213003	20RAA80024	Prajwal V	
5/22/2021 20:00:48	madenthr@gmail.com	Female	B.A	2 Semester	9448874274	8448874274	Mangala ar	
5/22/2021 20:29:05	shwetha18ppa@gmail.com	Female	B.A	6 Semester	7204399451	19RAA80033	Shwetha p	
5/22/2021 21:08:13	deepangitca@gmail.com	Female	B.A	2 Semester	9008755636	20RAA80018	Deepa R	
5/22/2021 6:21:11	anitharaja581@gmail.com	Male	B.A	2 Semester	7899068350	20RAA80057	Anil marappa chokyal	
5/22/2021 8:27:26	tejasuryanata@gmail.com	Male	B.Com	2 Semester	9148861694	20RAC41078	Uditay N	
5/22/2021 8:30:03	tejasuryanata@gmail.com	Female	B.Com	6 Semester	9361676452	19RAC41065	Tejaswini N	
5/22/2021 8:37:04	m66owmya218@gmail.com	Female	B.A	2 Semester	8851328039	20HE380051	Sowmya MS	
5/22/2021 9:13:21	manasakaradhyas@gmail.com	Female	B.A	2 Semester	8147399142	20RAA80044	Manasa k	
5/22/2021 9:48:53	suathamika87@gmail.com	Male	B.A	2 Semester	8067406893	20RAA80063	Suatha M	
5/22/2021 14:02:53	vijayaradara31@gmail.com	Female	B.A	4 Semester	9731870464	19RAA80053	Vijayalakshmi Bradar	
5/22/2021 14:10:03	muniraju423@gmail.com	Male	B.A	2 Semester	9731882993		Muniraju N	
5/22/2021 14:37:24	gowkavitha720@gmail.com	Female	B.A	2 Semester	8884819629	20RAA80019	Gowri	
5/22/2021 14:38:18	qivravndra8898@gmail.com	Male	B.Com	4 Semester	9740694440	19RAC41049	Ravindra	
5/22/2021 15:18:54	anushaaru73838@gmail.com	Female	B.Com	4 Semester	9901043412	19RAC1007	Anusha T	

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