

INVITATION

**YOU ARE CORDIALLY INVITED TO ATTEND THE WEBINAR ON
“HOW TO COPE WITH ECONOMIC STRESS AND ACADEMIC
STRESS POST COVID - 19”**

Conducted by Department of Commerce

With Collaboration of Hindu College of Management - Guntur



Brief Profile of Guest speaker :

Smt. Dr. T.D. Vimala garu a renowned Psychologist and Psychology Professor, Acharya Nagarjuna University having 30 years of Professional experience which includes Teaching in exclusively Psychology. She started her career as Lecturer in Psychology and had a long journey in Psychology training. She got the Best Teacher award from Andhra Pradesh State Govt. She published many articles attended and conducted UGC National Level Seminars, Workshops on Stress. She expertised in stress management, Well being and Counseling therapy, Capacity Building areas. She is an official resource person to APSCHE. She facilitated hundreds of programs and seminars in various educational institutions and inspired many people.

E- Certificate will be provided to all the participants.

Registration link

<https://forms.gle/zegUdx8ujVGzFAaL6>

Coordinator - K.V.MANEESH, Associate Professor, Mobile no : 7981193397

HINDU COLLEGE – GUNTUR
DEPARTMENT OF COMMERCE

Title of the Event : Webinar

TOPIC NAME : “HOW TO COPE WITH ECONOMIC STRESS AND ACADEMIC
STRESS POST COVID - 19”

Mode : Online Mode (Zoom Platform)

Date : 22-05-2021

Co-ordinator : Mr.K.V.Maneesh

No. Of Participants : More than 150

Objective of the event : Learning to cope with stress in a healthy way will make you,
the people you care about, and those around you become more resilient.

Outcome of the Event : Students are able to find the causes of their stress and
Understands how to know their stressors

Evidences : Photos

With Regards
Principal

Zoom Meeting

Recording...

Participants (25)

0/25 participants

- HINDU COLLEGE... (Host, mic off)
- Hindu College... (Co-host, guest)
- HINDUC COLLEGE... (Co-host, guest)
- vjaya ratna (Co-host, guest)
- Dr. Sir (Guest)

Join **Join as**

Chat

No messages in this chat

ck madam

Hindu College of Manage... to Dr. Sir

Chaitanya sir please give co-host rights

Who can see your messages? Recording On

To: Dr. Sir

Type message here...

Windows taskbar: 11:30 AM, 11/25/2022