



Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women(Autonomous) Chromepet, Chennai 600 044



Affiliated to University of Madras, Re-Accredited with "A+" Grade by NAAC

Webinar on How To Destress Oneself During Covid Pandemic

The NSS Units of SDNB Vaishnav College for Women attended a webinar on “How to destress oneself during Covid pandemic” on 18th June 2021 conducted by NSS, University of Madras with DKM College for Women, Vellore. The special address was given by Dr.Vaneeta Aggarwal (NSS coordinator,University of Madras), Dr.P.N.Sudha (Principal DKM College for women Vellore), Dr.J.Periyar Lenin (District Psychiatrist, District Mental Health Programme), Shri. R Chidambaranathan (Deputy Director AJR Puducherry). They highlighted the importance of yoga and meditation to NSS volunteers. They suggested various innovative ideas to be followed in this pandemic situation. They also discussed about stress management and how to get relief from stress. Nearly 30 of our NSS Volunteers attended this webinar.

The image shows a central banner for the webinar. At the top, it lists the organizing bodies: Government of India, Ministry of Information and Broadcasting, Field Outreach Bureau, Vellore; and NSS University of Madras with DKM College for Women, Vellore. The main title is "How to destress oneself during Covid Pandemic" in red and black text. Below the title, the date and time are given as "Date : 18.06.2021 Time : 11.00am".

Below the banner is the "Agenda" section, which is structured as follows:

- Welcome Address**: Shri. S. Murali, Field Publicity Officer, Field Outreach Bureau, Vellore.
- Presidential Address**: Shri J.KAMARAJ, I.I.S, Director, Regional Outreach Bureau, Chennai.
- Special Address**:
 - Dr. Vaneeta Aggarwal, NSS, Coordinator, University of Madras
 - Dr. P.N.Sudha, Principal, DKM College for Women, Vellore
 - Dr. J. Periyar Lenin, District Psychiatrist, District Mental Health Programme, RAMNAD
 - Shri. R. Chidambaranathan, Deputy Director, AIR, Puducherry
- Vote of thanks**: Shri. M. Jayaganesh, Field Publicity Assistant, Field Outreach Bureau, Vellore.

#IndiaFightsCorona

Ministry of Information & Broadcasting
Government of India

Government of India
Ministry of Information and Public Relations
Regional Outreach Bureau, Vellore

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Regional Outreach Bureau, Vellore

International Day of Yoga
2019
Yoga for Harmony & Peace

809
REGIONAL OUTREACH BUREAU
LIVE

கைகளை அழிக்கக் கழுவுவோம்...
முகக்கவசம் அணிய்வோம்...
இடை வெளி கடைபிடிப்போம்...

How to Destress oneself during Covid Pandemic
How to Destress oneself during Covid Pandemic

#LargestVaccinationDrive

@ROBCHENNAI_MIB ROB TamilNaduPuducherry RegionalOutreachBureauTamilnaduPuducherry

Fri, 18/6/2021 11:59:21 am

Welcome Address: Sh. S Murali, FPO, FOB Vellore; Presidential Address: Sh. J Kamaraj, IIS

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Ministry of Information & Broadcasting
Government of India

ROB
TAMIL NADU
&
PUDUCHERRY

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Fri, 18/6/2021 12:34:17 pm

mental Health Programme, Ramnad; Sh. R Chidambaranathan, Dy. Director, AIR, Puducherry; Vote of Thank