



हंसराज कॉलेज  
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE  
University Of Delhi  
NAAC Grade A+ with CGPA 3.62

**2021-2022**

**Name of the Department/Society:** Hansraj Sports Society  
**Name of the Event 1:** WEBINAR- STRESS MANAGEMENT  
**Date of the Event:** 9<sup>th</sup> August 2021

Department of Physical Education and Sports Sciences in collaboration with the Internal Quality Assurance Cell of Hansraj College had organized a webinar session on the topic of ways of stress management. This was done amidst a global pandemic, a situation which has proven it to be tough enough to cope with not only in terms of basic amenities and physical survival but also in the aspect of mental health which has faced massive shockwaves. Held on the 9th of August, 2021 the webinar was graced with the presence of the head of the department of Physical education, Dr. MP Sharma sir, and the IQAC Director, Dr. Mona Bhatnagar. They addressed the audience and gave a wonderful insight into why the webinar and discussion were crucial to be carried out in the current scenario.

Dr. Priyanka Kapoor, the Sr. Clinical Psychologist of the BLK Multispecialty hospital, New Delhi was invited as the Guest Speaker for the session. She was successful in explaining the reasons for stress that an individual faces and ways how it can be managed to an audience who listening with rapt attention. The expression of the discussion was done with the aid of a PowerPoint Presentation by Dr. Kapoor herself which made the concepts all the more clear. The discussion was followed by a doubt-clearing session where the audience addressed their queries to the expert and which were readily answered. The webinar was a fruitful discussion over the reasons or incidents which can lead to a stressful environment for an individual and was very well accompanied by solutions that can help avoid overwhelming the emotion. Examples from recent incidents which gained international recognition were put forth to normalize the idea of stress as a negative response. Rather the idea to twist the negative energy into harvesting a positive motivation was focused on. The webinar and the issue addressed in it were of the essence especially for the current student population who were the majority among the audience. The session was managed by Dr. Gaurav Kumar as the coordinator and Dr. Namrata Soni as the convener of Hansraj College. The department looks forward to planning more such events in the future which can motivate the development of a better society.

