



2020-21

Name of the Department/Society: **Chemical Society - Rasayanatva**

Name of the Event 1: How to cope with Mental stress during Covid -19 pandemic

Date of the Event: 10.8.2020

The society organized online guest lecture on 'How to cope with Mental stress during Covid -19 pandemic, Founding head and Faculty, Department of Psychology, Cotton University. The lecture was informative. In her lecture she discussed different type of methods to reduce mental stress. This lecture was very useful for Teaching staff as well as for our students in the present scenario.

