

Department of Psychology- Webinar

The corona virus pandemic has created a lot of damage to physical health, psychological wellbeing and wealth. All of us are affected in various ways and are coping to coexist with the situation. The pandemic is felt by all, be it women or men, rich or poor, educated or uneducated.

The Department of Psychology, Stella Maris College extended its services to the students of the college by putting up contact details of the faculty of the department. Through the enquiries made and the help sought by the students, it was understood that a wellness workshop would be beneficial for the students to handle this lockdown period in a less stressful and more productive manner.

So, the Department of Psychology, Stella Maris College decided to conduct a webinar on WELLNESS DURING THE PANDEMIC by the FACULTY OF THE DEPARTMENT. The first batch of this workshop was conducted for 25 students as a four-day online program from 20th to 23rd May, 2020 between 10 to 11am. As there are were more registrations, we will continue doing this in batches.

The program focused on understanding emotions, power of thinking, revitalizing yourself and positive wellbeing.