

Report on Guest Lecture Series on "Coping Stress and Anxiety Among Students During Covid-19"

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Jamia Urdu College of Education organized a Guest lecture series on Coping stress and anxiety among students during COVID-19 pandemic.

In an attempt to curb stress and anxiety among students during the time of the COVID-19 pandemic, Jamia Urdu College of Education organized a guest lecture series on 6th of July, 2021. The session named "Coping stress and anxiety among students during COVID-19" was conducted by Dr. Samia Hamid, Assistant Professor, Jamia Urdu College of Education, Aligarh.

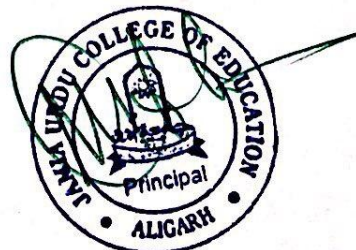
Post the Corona Virus outbreak, most of the students in India are attending classes online, and this regular dependence on the digital medium has apparently elevated the stress level of several young people in the nation. The session conducted by JUCE aimed to address this growing concern.

Dr. Samia Hamid and Mr. Shahidullah started the programme at 10AM with a welcome address. Vice Principal Dr. Uzma Saeed Waseem, during his talk, stated that managing stress and anxiety is very much essential to elevate the learning experience of every student in the nation "Post the coronavirus outbreak, students in India have been exposed to a different learning experience. Remote learning using online means does have its own advantages, but it poses some emotional challenges to students. I hope the session led by guest speakers from diverse field and background could help to face mental challenges effectively," said Dr. Uzma.

During the opening remark, Our Respected Principal Dr. Mohd. Sadiq Ali Khan said that sessions like these could help students to combat stress effectively in their lives.

"Most of the students have joined this lecture series, and it indicates the vitality of this session. I hope our students will get the benefit, and they will be able to come out successfully from these stresses. And moreover, the guests here. We cannot have a better experts like them who can address problems like this," said Dr. Khan.

Dr. Khan revealed that Covid pandemic has triggered stress among people, especially among students who are studying professional courses. "In the normal scenario, students learning professional courses are prone to stress and anxiety, especially due to their strict academic schedules, and examinations. Post the coronavirus outbreak, a session to elevate the mental health of students is very much necessary," added Dr. Khan.



ABOUT RESOURCE PERSONS

1. **Dr. Md. Aman Azeem**, Asst. Professor from Dept. of Education, (Murshidabad Centre), Aligarh Muslim University, Aligarh gave a talk on "Anxiety – A Necessary Evil.
2. **Dr. Afeefa Thaqib**, Asst. Professor, from Ansar Training College for Women, Perumpilavu, Thrissur, Kerala, talked about Stress Management in Islamic Perspective
3. **Mr. Manish Agrawal**-An Asst. Professor (Contractual), joined us from NCERT, RIE, Ajmer. Mr. Manish Agrawal's topic was "Mindfulness: A key to Stress and Anxiety".
4. **Dr. Meenu Malik**, Former Research Scholar, Department of Education, Aligarh Muslim University, Aligarh talked about Coping Stress and Anxiety among College Students during Covid-19
5. **Ms. Afia Jamal**, a Former DSSB PGT teacher, Research Scholar, Department IASE, Jamia Millia Islamia, New Delhi gave a lecture on Pre-service Teacher Educators Perspective on Stress and Anxiety during Online Classes
6. **Ms. Shazeen**, PGT- Political Science, Senior Secondary Girls School, Aligarh Muslim University, Aligarh talked about Ways to De-Stress for students during Pandemic.

During the session, It was accepted that stress is a part of everyone's life and combating this inevitable stress effectively is very much necessary to lead a successful life. Resource persons also talked about the vitality of scheduling activities based on priorities to stay away from stress. According to them, self-discipline is very much important for a student and completing tasks one by one based on priority could help to reduce the stress level in a very effective manner. They also suggested some of the activities which can be followed by students to combat stress effectively. They emphasized on engagement of individuals in non-competitive physical exercises that include aerobics and walking. Students can also adopt techniques like meditation, mindfulness, yoga, and deep breathing. It is not great to spend hours in front of your book or computer learning things. Instead, students should find time to take breaks, so that their anxious brain will get sufficient relaxation. It is also necessary to eat healthy, take proper sleep and do prayers.

The event was attended by more than 80 participants through Google meet. During the session large number of queries from the students across India were addressed by the resource persons.

The vote of thanks was delivered by **Mr. Mohd. Shahrán**, Assistant Professor, Jamia Urdu College of Education, Aligarh.

Written By,

Dr. Samia Hamid

Organizing Secretary
Assistant Professor
Jamia Urdu College of Education
Aligarh-202002



Event Photographs:

