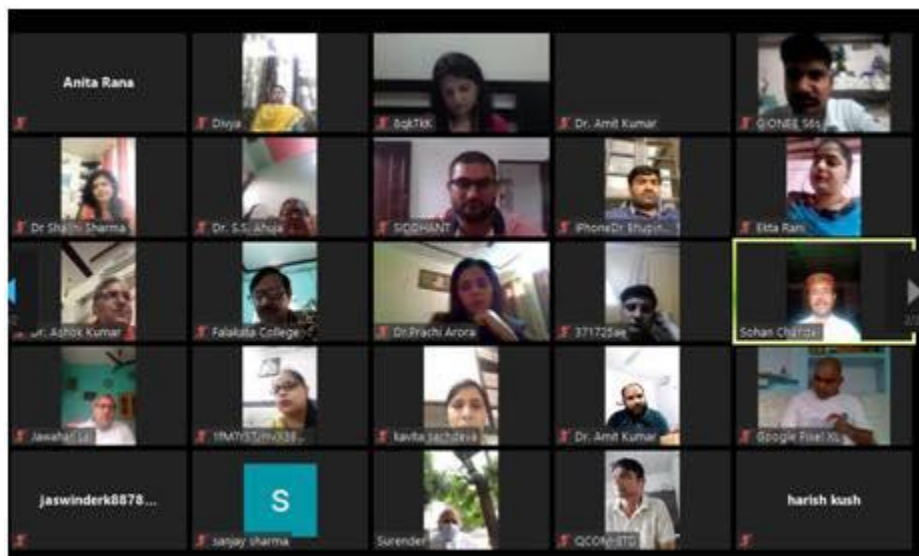


Report on Faculty Development Program "Managing Stress in Crisis Situations"

The Internal Quality Assurance Cell (IQAC) of Markanda National College, Shahabad (M) organized an online Faculty Development Program on 26th April 2020 on the topic "Managing Stress in Crisis Situations". The resource person for the FDP was Dr. Sohan Chandel, an eminent psychologist and motivational speaker from Shimla, Himachal Pradesh. Dr. Chandel has extensive experience in counseling and conducting sessions on stress management and emotional well-being. The FDP was attended by all the faculty members and staff of the college. Several prominent alumni of the institute also joined the online session. Additionally, academicians from the states of West Bengal and Chhattisgarh participated, making it a pan-India event. The program commenced with the welcome address by the Principal, followed by the expert talk by Dr. Chandel. He provided valuable insights and coping strategies to deal with stress, anxiety, and mental health challenges arising due to crisis situations like the Covid-19 pandemic. Interactive sessions were held where participants shared their experiences and concerns. Dr. Chandel addressed their queries and offered practical tips for mindfulness, work-life balance, and maintaining positivity during tough times.



Online Faculty Development Program "Managing Stress in Crisis Situations" on 26.04.2020.

Ash Kumar

Principal
Markanda National College
Shahabad Markanda (Haryana)



