



Regional Employment Exchange Panaji
Model Career Centre Panaji, Goa
Shram Shakti Bhawan, 4th Floor, Potto Plaza, Panaji



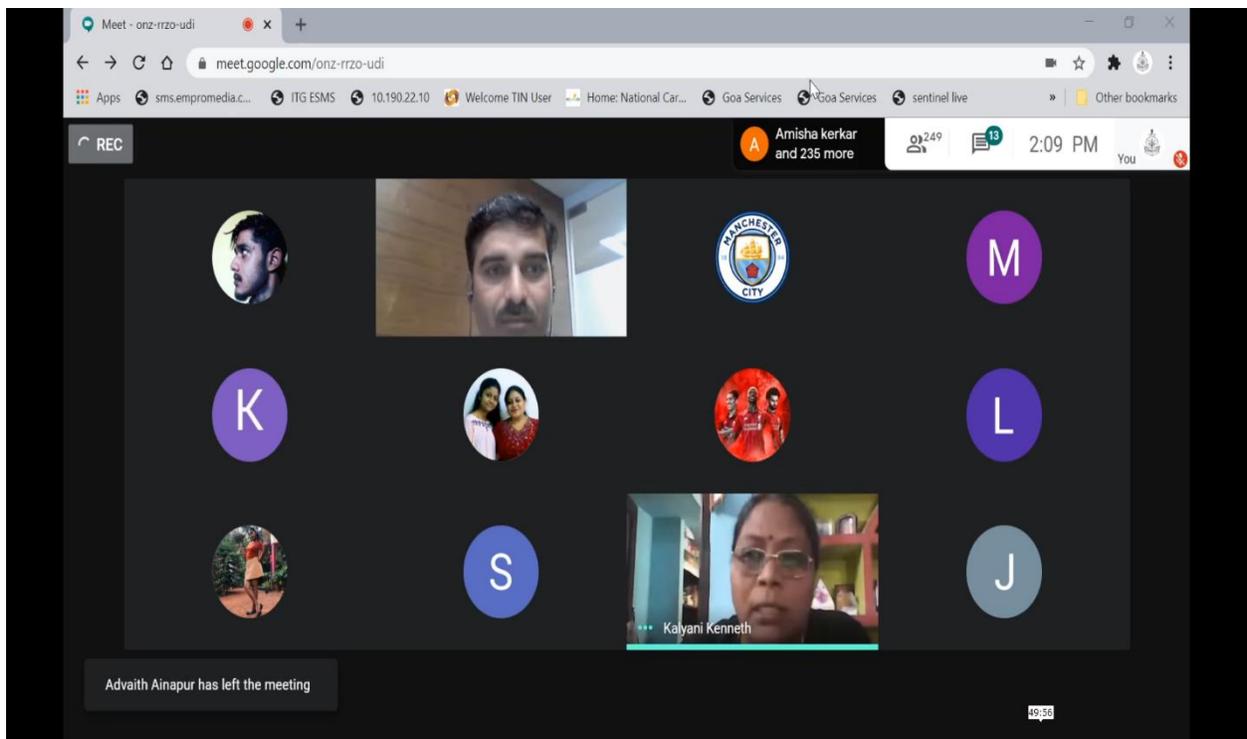
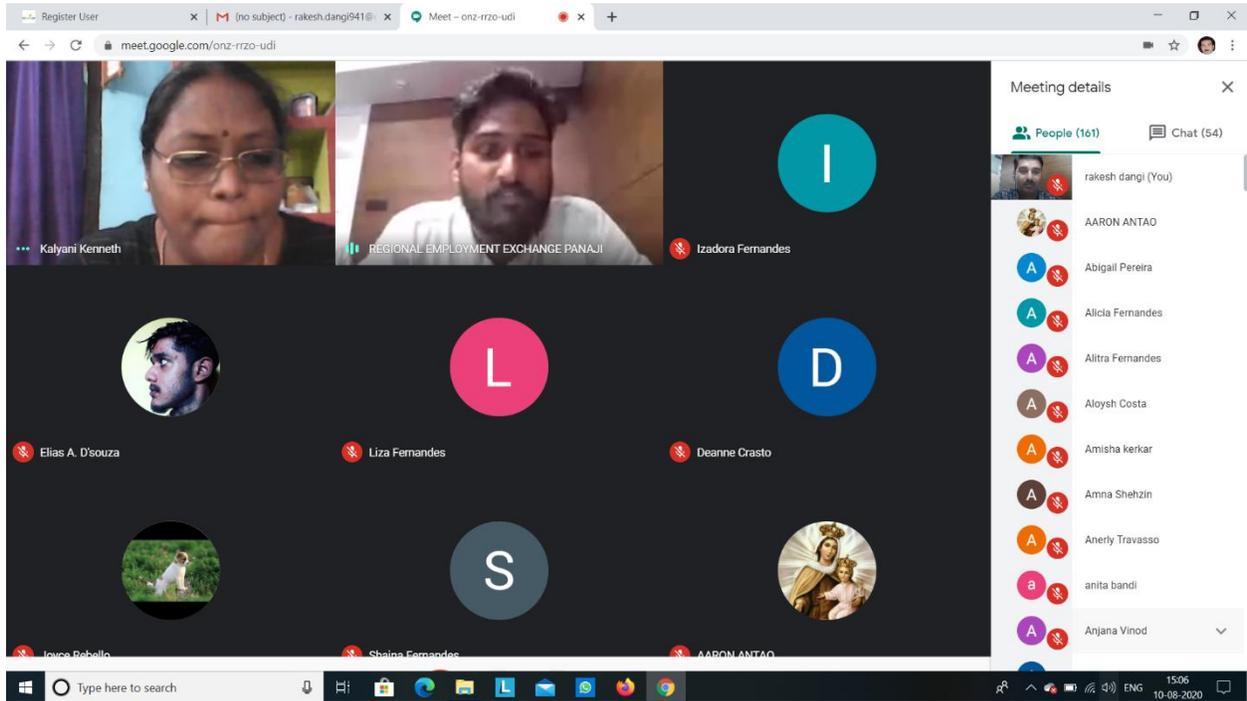
REPORT

Regional Employment Exchange, Model Career Centre Panaji has organized a webinar on **Academic Stress and Management Programme** on 10th August, 2020 for 11th and 12th std. students' youth of Goa in coordination with Rosary Higher Secondary School, Navelim, South Goa, Goa. The objectives of webinar were to find out the stressor and coping strategies of stress during such Pandemic time. The valuable and motivated speech was addressed on Academic Stress and coping strategies of stress by the eminent speaker Dr. Kalyani Kenneth, Assistant Professor, Department of Counselling Psychology, Madras School of Social Science, Chennai. She spoke about academic stress including types of stress, causes of stress, and its coping mechanism in covid-19 pandemic situation.

Shri Cajiton Fernandes, Assistant Employment Officer, Regional Employment Exchange (MCC) Panaji has welcomed and subsequently briefed about the role and functions of revamped Employment Exchange & Model Career Centre, Shri Rakesh Kumar Dangi, Young Professional, MCC Panaji has spoken about National Career Service platform & its advantages for different stakeholders, finally Shri Rajat Harvalekar has proposed the vote of thanks.

432 participants from various schools of Goa has participated (234 through Google Meet & 186 by YouTube) the webinar and were received a good feedback on the participants.

Glimpses of Webinar on Academic Stress and Its Management



Kalyani Kenneth is presenting

ANRIC RODRIG... and 228 more

2:13 PM



Presentation (Kalyani Kenneth)

A lot of people are here. The people list shows them all. [View all](#)

Kalyani Kenneth is presenting

Cibel Rebelo and 227 more

2:16 PM

Types of stress....

| | |
|--|--|
| <p>Eustress</p> <ul style="list-style-type: none"> Useful Motivating Focused/Pay attention Achieving goals Active and energetic Ask questions Possible and successful Positive thoughts | <p>Distress</p> <ul style="list-style-type: none"> Damaging Demotivating Distracting/ Don't bother Unable to achieve set goals Get bored and fatigue No questioning/ Passive Fear of failure and not possible Negative thoughts |
|--|--|

Sudarshan Bhat has left the meeting

Meeting details

Kalyani Kenneth is presenting

Ashlesha Vajand... and 233 more

2:15 PM

Definition of stress....

- Stress is inevitable. It's a part of our life style. Stress is a state of our mind.
- Stress is the "Wear and tear" our mind and body experiences as we attempt to cope with our continually changing environment.
- Stress is the reaction people have to excessive pressure or other demand placed upon them. It arises when individuals worry that they cant cope.
- $S = P > R$ (Stress occurs when pressure is greater than resource).

Shane Shawn has left the meeting

Kalyani Kenneth is presenting

Avina Dias and 239 more

14:11

Outline of the Presentation

- Definition of Stress.
- Types of stress.
- Stressors.
- Academic stress.
- Causes of academic stress.
- Signs and symptoms of stress.
- Coping with academic stress.

Simran Shaikh has left the meeting

Sevin Luis, Gauri Dhasmana, Tanya Rebello, Crystal Palha, Aaron Furtado, Marissa Cardoso, Renee Colaco

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Pratiksha Nagve... and 150 more

3:07 PM

Kalyani Kenneth, rakesh dangi, Izadora Fernandes, Elias A. D'souza, Liza Fernandes, Deanne Crasto

Meeting details

Turn on captions, Present now

Kalyani Kenneth is presenting

Rudrakshi Korgao... and 207 more

2:26 PM

CAUSES OF STRESS

- Upcoming tests
- Too much homework
- A heavy work load
- Lack of organization
- Too little "down time"
- Poor sleep schedule
- Participating in class
- Lack of support
- Transitioning to a new environment
- Classes that are too hard
- Changes to routine

Kalyani Kenneth, rakesh dangi, Aldrin Rodrigues, Sevin Luis, Maverick Pereira, Elias A. D'souza, Adelle Cezal, Deanne Crasto