

PRESS RELEASE

AICTE conducted session on managing stress and anxiety among students during COVID-19 pandemic

#AICTE organizes session to manage stress and anxiety among students

In an attempt to curb stress and anxiety among students during the time of the COVID-19 pandemic, the All India Council for Technical Education (AICTE) conducted a session on March 25, 2021. The session named 'Managing stress and anxiety of studying during COVID-19' was headed by Dr Purnima Singh, Professor (Psychology), Humanities and Social Sciences, Indian Institute of Technology (IIT), Delhi.

Post the coronavirus 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 AICTE aimed to address this growing concern.

Dr Amit Kumar Srivastava, Director, Student Development Cell, AICTE, started the programme with a welcome address.

AICTE chairman Professor Anil D Sahasrabudhe, 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 an expert like Prof Purnima Singh could help to face mental challenges effectively," said Sahasrabudhe.

During the opening remark, AICTE member secretary Prof Rajive Kumar said that sessions like these could help students to combat stress effectively in their lives.

"Thousands of people have joined this webinar, 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 expert like Prof Purnima here. We cannot have a better expert like Prof Purnima who can address problems like this," said Rajive Kumar.

AICTE Vice Chairman Dr. MP Poonia 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 Poonia.

During the session, Purnima Singh revealed that stress is a part of everyone's life. However, she made it clear that combating this inevitable stress effectively is very much necessary to lead a successful life.

"Students should try to reduce dysfunctional stress effectively and should try to use stress in a productive way. Students should find ways to deal effectively with stress" said Purnima.

During the talk, Purnima also talked about the vitality of scheduling activities based on priorities to stay away from stress. According to Purnima, 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. She also suggested some of the activities which can be followed by students to combat stress effectively.

"It is very much necessary to engage 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," added Purnima.

The event was attended by more than 2000 participants through WebEx and social media platforms of AICTE. During the session large number of queries from the students across India were addressed by the resource person.

The vote of thanks was delivered by Mrs Sanju Chaudhary, Assistant Director, Student Development Cell, AICTE New Delhi