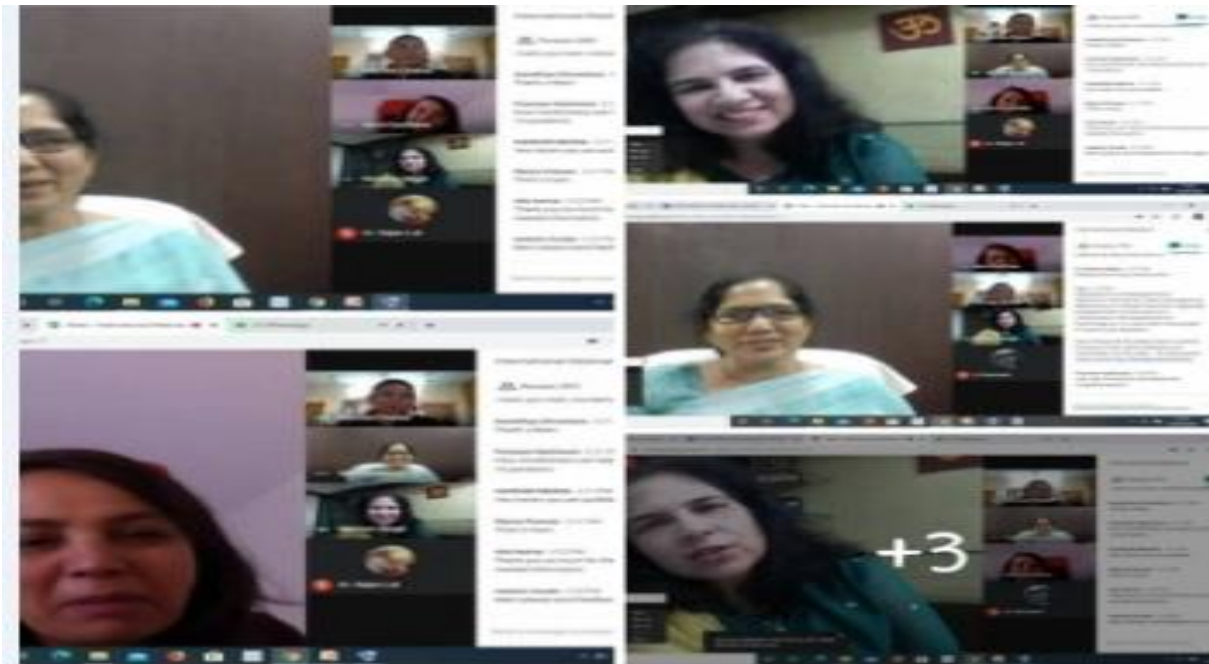


## International Webinar

On 12-06-2020 One day International Webinar on the theme 'Stress Management Mechanisms in present scenario' was organised by the Departments of Commerce and Psychology. Dr Luxmi Budhwar from Birmingham, U.K. and Dr Neelam Rathi, Associate professor at GCG 11, Chandigarh were the key speakers at webinar. Dr. Luxmi Budhwar related to the main causes of stress and the coping strategies to relieve from it. Dr Neelam Rathi explained the mindfulness- its benefits and techniques. Dr. (Mrs) Suresh Boora welcomed everyone's presence and apprised about the relevance of the theme of webinar and said these days everyone is going through some sort of stress and we are fortunate enough that these things are talked and discussed about. She appreciated the efforts of conveners Dr Parmila, Dr Namita and Dr Seemant. Around 250 participants attended the webinar. Queries of participants were well taken up by the speakers.



# KANYA MAHAVIDYALAYA KHARKHODA

NAAC Accredited 'A' Grade

Affiliated to M.D.U Rohtak

presents



## INTERNATIONAL WEBINAR

**“Stress Management Mechanisms in Present Scenario”**

Organised By:

Department of Commerce

&

Department of Psychology

June 12, 2020



Chief Patron  
Sh. Ved Parkash Dahiya  
President, Governing Body  
Kanya Mahavidyalaya, Kharkhoda



Patron  
Dr. (Mrs.) Suresh Boora  
Principal  
Kanya Mahavidyalaya, Kharkhoda

Time: 02:30 PM to 04:00 PM

E Platform: Google Meet



**Dr. Laxmi Badhwar**  
Consultant Clinical Psychologist  
National Health Service Birmingham  
United Kingdom

### Key Speakers



**Dr. Neelam Rathi**  
HOD, Deptt. of Psychology  
P G Govt. College for Girls  
Sector 11, Chandigarh




Dr. Parmila  
Department of Commerce  
Kanya Mahavidyalaya, Kharkhoda

### Convener



Dr. Namita  
Department of Commerce  
Kanya Mahavidyalaya, Kharkhoda

Registration Link: <https://forms.gle/QUlwCmQVjmNZSpYt7>

For any further queries  at [hodcom2020@gmail.com](mailto:hodcom2020@gmail.com)