



GENERAL REQUEST FORMAT FOR PROGRAMS and EVENTS

Date: 20/06/2021

From,

Programs officer
National Service Scheme (246)
Gems Arts and Science college
Ramapuram.

To,

The Principal
GEMS Arts and Science College,
Ramapuram, Malappuram, 679321


Sl No	Name of Department	Name of the Program	Date	Time	
				From	To
1.	NSS	webinars on covid stress bustors collaboration of Lakeshore Hospital Kochi to 9 students and parents	22/06/2021		
Venue:					
Resource person (if any):					
Associating Clubs/Departments (if any): Lakeshore hospital, Kochi					
Sanctioning Details:					
<input checked="" type="checkbox"/> Approved		<input type="checkbox"/> Not Approved			
Dr. NAVEEN MOHAN PRINCIPAL GEMS ARTS AND SCIENCE COLLEGE KADUNGAPURAM (PO), RAMAPURAM MALAPPURAM DT., KERALA-679 321		Signature			
		Programme Officer National Service Scheme Gems Arts & Science College Ramapuram			
Note: 1. Brochure shall be displayed/circulated in the college notice board. 2. Program Report shall be submitted within 5 days.					

Circular No: NSS/21-22/01

Date:21/06/2021

CIRCULAR

This is to inform you all that National Service Scheme (NSS)246 of GEMS college organizing a Webinar on Covid stress Busters collaboration of Lakeshore Hospital Kochi on 22nd June 2021. The program scheduled at 8 PM on google meet platform.


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Programme Officer
National Service Scheme
Gems Arts & Science College
Ramapuram

WEBINAR on
COVID STRESS BUSTERS


collaboration with
VPS Lakeshore Hospital Kochi

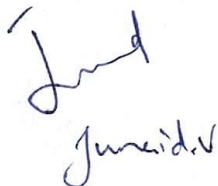
Lead by:-

Dr. Xavier PJ


*(the Head of the Psychiatry and De-addiction
Department at VPS Lakeshore Hospital)*

22-06-2021

 nssgemsunit



Programme Officer
National Service Scheme
Gems Arts & Science College
Ramapuram


Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
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GEMS ARTS AND SCIENCE COLLEGE
(A Unit of Global Education and Management Studies Co-operative Ltd., No.M.782)
(Affiliated to University of Calicut)

WEBINAR ON COVID STRESS BUSTERS

Date: 22.06. 2021

Time: 10.)) AM


Venue: Googlemeet

Program Schedule

Welcome Address: Mr. Vasudevan
Vice chairman
GEMS college, Ramapuram

Resource Person: Dr. Xavier P J
Head of the psychiatry and De-addiction department
Lakeshore hospital Kochi

Vote of Thanks: Mr Junaid V
Program officer
NSS Unit


Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
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PROGRAM REPORT


WEBINAR ON COVID STRESS BUSTERS

22.06.2021

On June 22nd, 2021, the NSS GEMS unit organized an insightful webinar titled "COVID Stress Busters," in collaboration with VPS Lakeshore Hospital Kochi. This timely initiative aimed to address the escalating stress levels brought about by the ongoing COVID-19 pandemic. Led by Dr. Xavier PJ, the Head of the Psychiatry and De-addiction Department at VPS Lakeshore Hospital, the webinar provided valuable insights into managing stress during these challenging times. Dr. Xavier PJ's expertise in the field of psychiatry added weight to the discussion as he delved into various stress relief techniques. His presentation shed light on effective methods to cope with the psychological impact of the pandemic. Additionally, Dr. Xavier emphasized the significance of vaccination in combating the virus and alleviating anxieties associated with it. By sharing these insights, he played a crucial role in offering support and guidance to the Students and Parents.

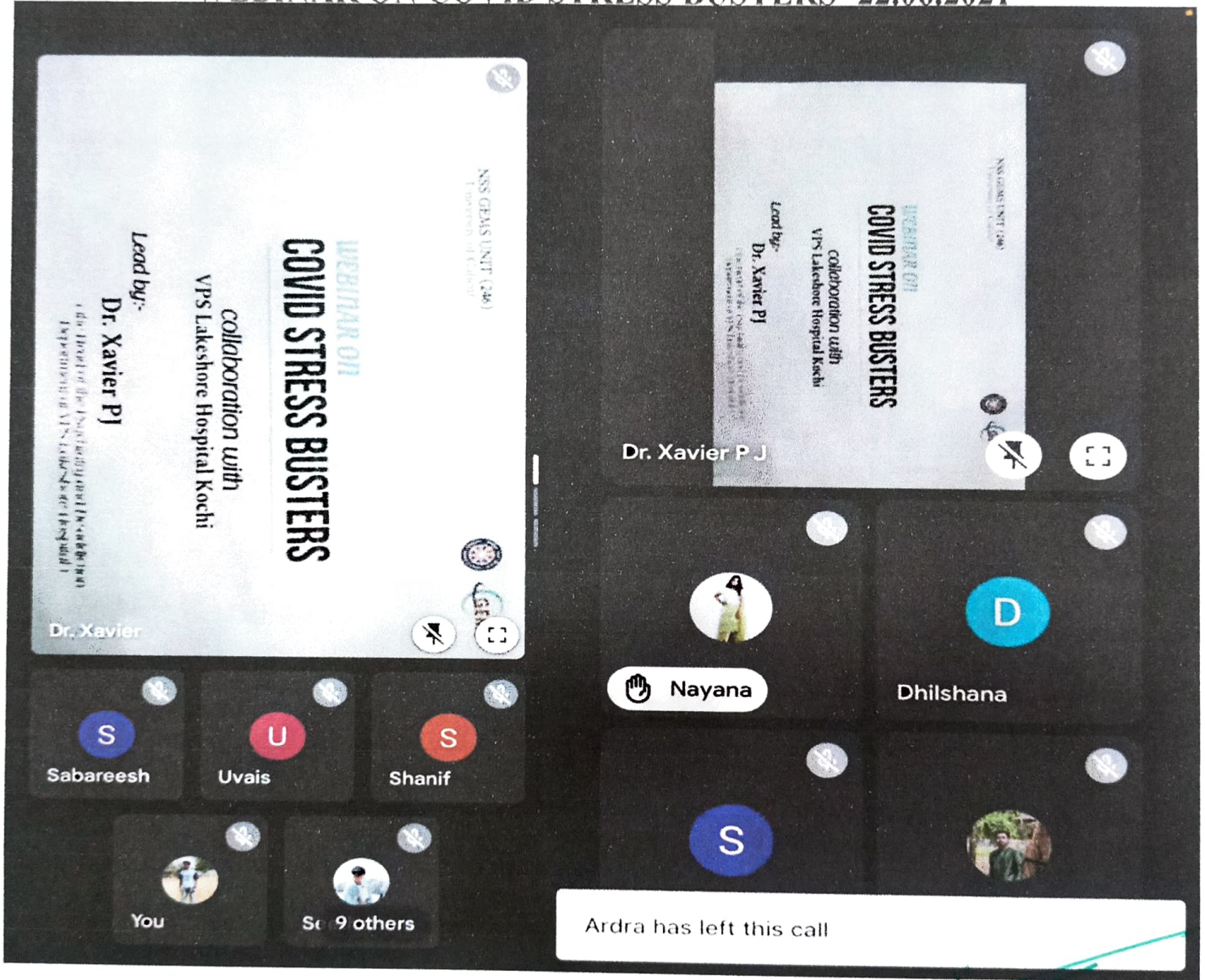
The involvement of Mr. Vasudevan, Vice Chairman of GEMS College, and Mr. Junaid, the NSS Program Officer, added a notable dimension to the webinar. Their participation underscored the college's commitment to student's and parent's mental well-being during these unprecedented times. By actively engaging in the webinar, they showcased the college's dedication to a holistic education that extends beyond academic subjects. By collaborating with VPS Lakeshore Hospital Kochi, the NSS GEMS unit demonstrated its awareness of the pressing need for mental health support and information dissemination during the pandemic. The webinar not only provided practical solutions for managing stress but also highlighted the importance of seeking professional guidance and prioritizing mental health. In conclusion, the "COVID Stress Busters" webinar organized by the NSS GEMS unit, in partnership with VPS Lakeshore Hospital Kochi, stood as a valuable resource during a challenging period.




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Photographs

WEBINAR ON COVID STRESS BUSTERS -22.06.2021



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