



COVID 19 Outbreak: Psychological Impact. (MBA)

TITLE	COVID 19 Outbreak: Psychological Impact. (MBA)
Date	Apr 15, 2020 - Apr 15, 2020
Summary	<p>Grievance Redressal Committee of Rukmini Devi Institute of Advanced Studies organized a webinar on COVID 19 Outbreak: Psychological Impact, for the students of MBA on April 15th, 2020 wherein our resource person, Dr. Tanuja Bhardwaj shared her views on the pandemic and ways to keep ourselves positive and cheerful. She is a renowned psychologist who has done her masters from Christ University Bengaluru and her M.Phil in clinical psychology from renowned Dr. RML Hospital.</p> <p>16 Students of MBA Course interacted with her which reflected their interest in the topic, their curiosity, the anxiety which they were facing and the impact of lockdown on their lives. Students raised questions related to effective time management, productive output, anger management, stress management, and mental peace. She gave answers to their queries and counseled each one of them. Few of her suggestions were:</p> <ul style="list-style-type: none"> • - Follow a regular schedule. • - Distract yourself from negative emotions. • - Set small targets for yourself • - Try to make out the maximum from this lockdown time so that after it you may come out as a learner • - Don't worry about unnecessary things that are beyond your control. <p>-It is necessary to stay calm as the good mental status in the tough time of Covid 19 may help you in conquering the battle more easily.</p> <p>Overall, the webinar was informative and interactive. The students were appreciative of the webinar</p>