

A

One Day National Webinar

On

Managing Career, Stress and Anxiety During and Post COVID- 19

3rd September 2020, 11:00 AM

Organized

by

**Dr N Uday Bhaskar,
Dean – Student Affairs,
Adikavi Nannaya University**



ADIKAVI NANNAYA UNIVERSITY

Rajamahendravaram - 533 296

Andhra Pradesh State

India.

INTRODUCTION

A national webinar is organized for students, research scholars and faculty members of academic institutions to provide awareness on Managing Career, Stress and Anxiety During and Post COVID- 19.

OBJECTIVES OF THE PROGRAM

- ❖ To drive the participants for a healthy, successful and stress free life.
- ❖ To sensitize the participants on various aspects of virtual and online learning.
- ❖ To empower participants for effective decision making in critical and complex situations.
- ❖ To make the participants happier and more productive.

ORGANIZERS

Dr. N Uday Bhaskar
Convenor
Dean - Student Affairs,
Adikavi Nannaya University

Mr Y Manoj Deva
Co-Convenor
Department of Commerce and Management Studies (DCMS)
AKNU MSN Campus, Kakinada

Dr B Srinivas Raja,
Co-Convenor
Assistant Professor, EIE
University College of Engineering,
Adikavi Nannaya University

RESOURCE PERSON 1:

Topic: Managing Career Planning
Prof. B.Raja Shekhar
Pro-Vice Chancellor,
University of Hyderabad



Brief Bio-data of Resource Person

Prof. B. Raja Shekhar, Dean, School of Management Studies, has a commendable track record in the field of higher education as an academician and academic administrator. Prof. Shekhar authored and edited books in the areas of Consumer Protection, Supply Chain Management and Quality Management. He has published about 70 research papers in reputed International and National Journals. He is a specialist in the area of Service Quality and has been doing extensive research in various issues of service quality. He is visiting faculty to various Training Institutions, which include UGC-Human Resource Development Centres, National Institute of Rural Development & PanchayatiRaj, Dr. MCR HRD Institute of AP, National Institute of Agricultural Extension Management, Indian Institute of Public Health etc.. His primary areas of interests include Service Quality, Quantitative Techniques, Operations Management, Research Methodology and Industrial & Organizational Psychology. To know more about his work visit: <http://www.profbrajashekhar.in>

RESOURCE PERSON 2:

Topic: Mental Health and Wellbeing
Prof. MVR Raju
Senior Professor and Head of the Department
Dept. of Psychology, Andhra University



Brief Bio-data of Resource Person

MVR Raju, Senior Professor and Head of the Department of Psychology, Director, Centre for Psychological Assessment and Counseling, Member, Academic Senate, Former In-charge Registrar of Andhra University, Academic Dean, Academic Affairs, Faculty Chairperson, Yoga and Consciousness Centre and Chairperson, Board of Studies, Andhra University and Chairperson, Board of Studies, Acharya Nagarjuna University. He has 35 years of teaching and research experience. His areas of Specialization include Stress, Mental health, Special children and counseling. Presently Vice- President of the Indian Association of Applied Psychology (IAAP), Editor and Board Member of European Journal of Intellectual Disability Switzerland, Editorial Advisor, International Journal of Indian Psychology, Editor, International Journal of Psychosocial Research, Consulting Editor, **Journal of Psychological Researches** Chennai, Editor, Indian Journal of Developmental Disabilities. He has authored 15 books in English and regional languages of India and also edited 15 Books. He presented research papers in more than 92 national and international conferences and published 111 research papers in reputed national and international journals. 51 PhD and 9 M.Phil degrees were awarded under his supervision. The Andhra Pradesh Honorable High Court of Judicature appointed him as Expert Psychologist for D.V. George (2008).

He is a recipient of many prestigious awards. Awarded Prof. S C Sharma Memorial Best Researcher Award in 2018, Best school trainer award in 2017, Best Research Award in 2016, NITTR and IAAP, in 2016, Platinum Jubilee Lecture (ISCA), 2016, Indian Psychological Association Presidential Gold Medal in 2015, Life Time Achievement in 2014, Sigmund Freud Memorial Best Psychologist in 2014, Prof Anima Sen IAAP Memorial in 2012, The State Best Teacher Andhra Pradesh in 2009, The Best Outstanding Contribution in Psychology in 2009, Best Book Award in 2008, Psychometric Testing Services in 2007, Best Academician Award in 2007 and Dr. Sarvepalli Radha Krishna Best Researcher Award Andhra University in 2006. He has been actively involved in consultancy services and projects at National and International levels.

Consultant and Resource Person for many popular industries and organizations such as, HPCL, Regency Ceramic, ANRAK Aluminum Limited, UGC, ICSSR and Adult Psychiatry Department, University Hospitals of Geneva, Switzerland, GFATM R7 (Global Fund to fight AIDS, TB and Malaria, APSACS and NACO are of major credits (8 Major projects completed). He organized 22 national and international conferences and workshops in the area of Applied Psychology. He is a member in many national and state university boards and Industries. He visited countries like UK, Japan, Singapore, Bangladesh, Sri Lanka, Spain, Switzerland, Malaysia, Thailand, France and Germany as part of his academic endeavors.

Email-id: mvrājuau@gmail.com,

Mobile: 9393101813

RESOURCE PERSON 3:

Topic: Role and Importance of Yoga and Physical Fitness

Mr K Muralikrishna

Yoga Instructor,

AKNU MSN Campus, Kakinada

His Educational qualifications are M.A(Philosophy), M.Sc(Yoga),M.D(A.M)

Dr. Murali Krishna garu is the Student of Respected and well Known Yoga Guru of South India especially Two Telugu states □□□□□□□□ □□□□ □□□□□□□ □□□□□□□□ □□□□.

He was rigorously trained 6 years under his guidance from the Year 1996-2002 and

Having 18 of Yoga Teaching experience.



ADIKAVI NANNAYA UNIVERSITY

RAJAMAHENDRAVARAM, ANDHRA PRADESH INDIA-533296



One Day National Webinar on "MANAGING CAREER, STRESS AND ANXIETY DURING & AFTER COVID-19"

DATE : 03-09-2020 TIME: 11:00 AM onwards

Objective of the session :

- To drive the participants (Students) for healthy, successful and stress free life
- To sensitize the participants on the various aspects of virtual and online learning
- To empowerment for effective decision making in critical and complex situation
- To make participants happier and more productive



CHIEF PATRON

Prof. M. Jagannadha Rao

Vice Chancellor,

Adikavi Nannaya University.



PATRON

Prof. B. Ganga Rao
Registrar,
Adikavi Nannaya University.



Speaker

Prof. B. Raja Shekhar
Pro-Vice Chancellor,
University of Hyderabad.



Speaker

Prof. MVR Raju
Dept. of Psychology,
Andhra University.



Speaker

Kornala. Murali Krishna
Yoga Instructor,
AKNU MSN Campus.

Advisory Committee

- Prof. K Sree Ramesh *Principal UCAC*
- Dr.K Rameswari *Principal UCST*
- Dr. V Persis *Principal UCENG*
- Prof. Konduru Subba Rao *Principal UCED*
- Prof. S.Prasanthi Sri , *Special officer, AKNU MSN Campus*
- Dr. M. Kamala Kumari, *Dean, CDC*
- Prof. Y Srinivasa Rao *Dean, Academic Affairs*
- Dr. A.Matta Reddy *Dean(Uc), Examinations*
- Dr. D Jyothirmmai *Director, DOA*
- Prof. T.Ashok, *EC Member, Dept. of English AKNU MSN campus*
- Dr. B Jagan Mohan Reddy, *EC Member, Dept. of Chemistry.*

Who Can Attend:

Students, Youth and Employees (No Registration Fee)

REGISTRATION Link : <https://forms.gle/1uZbHBSatoELHb4L9>

Requirements for the webinar: Desktop/Laptop/Smart Phone with good internet speed and sufficient data pack. Functional webcam, microphone & head phones are compulsory

* Webinar-Link will be sent to your registered email



Convener

Dr. N. Uday Bhaskar
Dean, Student Affairs,
Adikavi Nannaya University.
Contact : 9490450510

Co-Conveners

- Mr. Y. Manoj Deva , *DCMS, AKNU MSN Campus, KKD*
- Dr. B. Srinivas Raja , *Dept. of EIE, UCE, ANUR.*



****E -Certificate will be issued to everyone based on the registration and attendance of the Sessions**

PROGRAM SHEET

ADIKAVI NANNAYA UNIVERSITY: RAJAMAHENDRAVARAM

One Day National Webinar

On

Managing Career, Stress and Anxiety During and Post COVID- 19

3rd September 2020, 11:00 AM onwards

Program Schedule

11:00 - 11:05	Welcome Note by Dr B Srinivas Raja, EIE, UCE ,ANUR
11:05 - 11:10	Opening Remarks by the Convener Dr. N Uday Bhaskar Dean, Student Affairs, Adikavi Nannaya University
11:10 -11:15	Remarks by the Registrar,ANUR, Prof B Ganga Rao
11:15 - 11:20	Introduction of the Vice chancellor by Dr B Srinivas Raja
11:20 - 11:30	Inaugural address by Honorable Vice chancellor Prof M Jagannadha Rao
	Introduction of the speaker by Mr Y Manoj Deva
Session1	Topic: Managing Career Planning Session by Prof. B.Raja Shekhar Pro-Vice Chancellor, University of Hyderabad
	Introduction of the speaker by Dr B Srinivas Raja
Session 2	Topic: Mental Health and Wellbeing Session by Prof. MVR Raju Senior Professor and Head of the Department Dept. of Psychology, Andhra University
	Introduction of the speaker by Mr Y Manoj Deva
Session 3	Topic: Role and Importance of Yoga and Physical Fitness Session by Mr K Muralikrishna Yoga Instructor, AKNU MSN Campus
	Valedictory session Vote of Thanks by Mr Y Manoj Deva

LECTURE DETAILS:

RESOURCE PERSON 1:

Topic: Managing Career Planning

Prof. B.Raja Shekhar
Pro-Vice Chancellor,
University of Hyderabad



The following topics are covered in the session:

1. Challenges in COVID lockdown.
2. Impact of Lockdown on academic institutions.
3. What students and academicians should learn from pandemic?
4. Importance of Online education in COVID -19 Scenario
5. Importance of online certification courses in present scenario.
6. Role of skill development courses in building good resume.
7. Features of National Educational Policy 2020.
8. Focus on multidisciplinary courses and its advantages in career.
9. Higher education in abroad and the impact of COVID – 19.
10. Changes in Post COVID -19 scenario in the educational institutions.

LECTURE DETAILS:

RESOURCE PERSON 2:

Topic: Mental Health and Wellbeing

Prof. MVR Raju
Senior Professor and Head of the Department
Dept. of Psychology, Andhra University



The following topics are covered in the session:

- 1 Role of stress and anxiety.
2. Importance of physical and mental fitness
3. Concept of well being
4. Symptoms of stress
5. Symptoms of anxiety
6. Symptoms of depression
7. Measures to reduce stress, anxiety and depression.
8. Impact of COVID -19 on mental health.
9. Need for psychological assessment in educational institutions.
10. Need for counselling post COVID-19.

LECTURE DETAILS:

RESOURCE PERSON 3:

Topic: Role and Importance of Yoga and Physical Fitness

Mr K Muralikrishna

Yoga Instructor,

AKNU MSN Campus, Kakinada

The following topics are covered in the session:

1. Importance of Yoga and physical fitness.
2. Different types of aasanas.
3. Lung exercises for improving breathing.
4. How to clean the human body.
5. Improving physical fitness of body.

NUMBER OF PARTICIPANTS

Total No: of Registrations: 1063

No of Views on YOUTUBE: 2500

No: of participants on ZOOM: 70

Certificates issued based on attendance and feedback

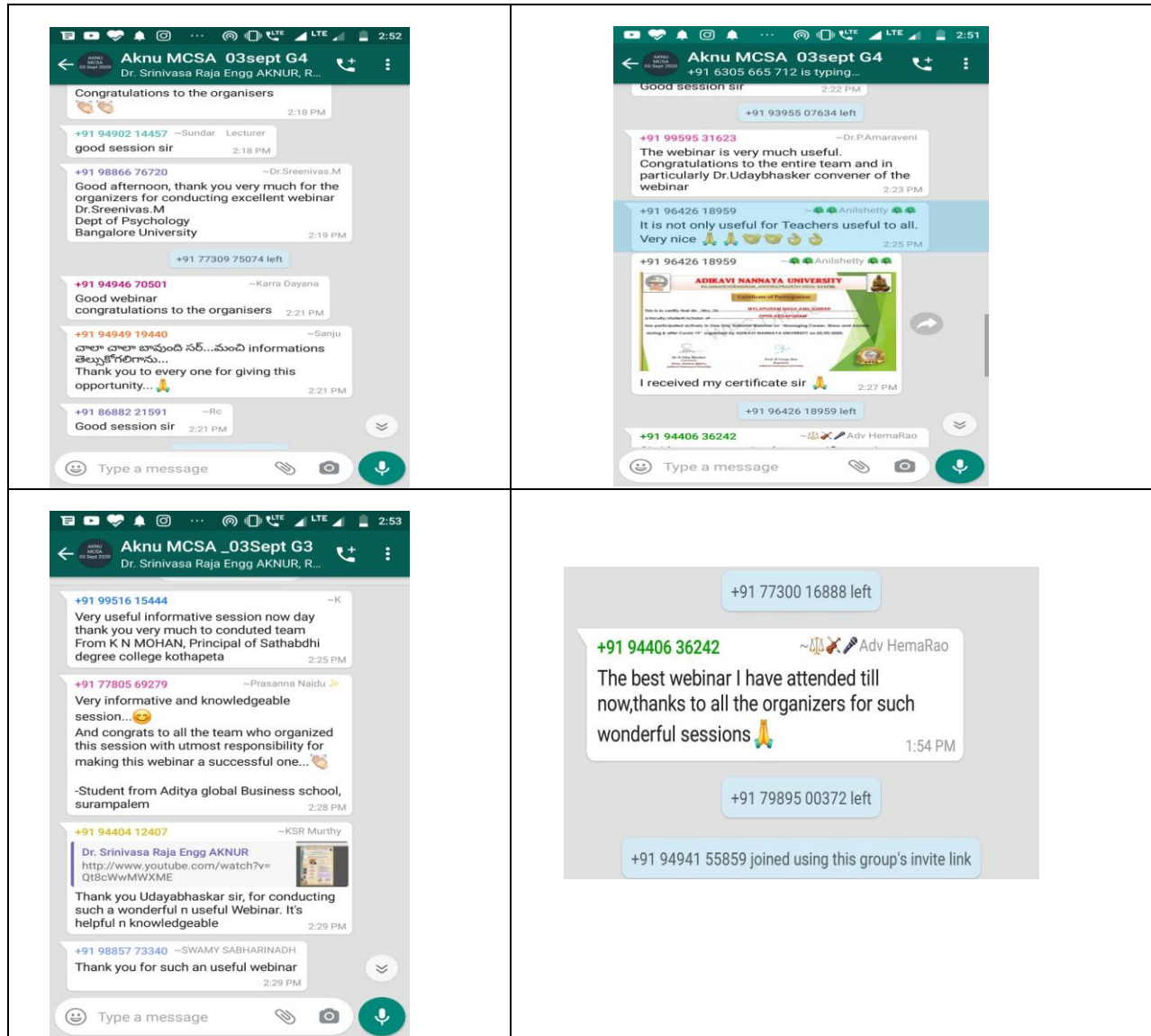
EXTERNAL FUNDING NIL

OUTCOME OF THE EVENT

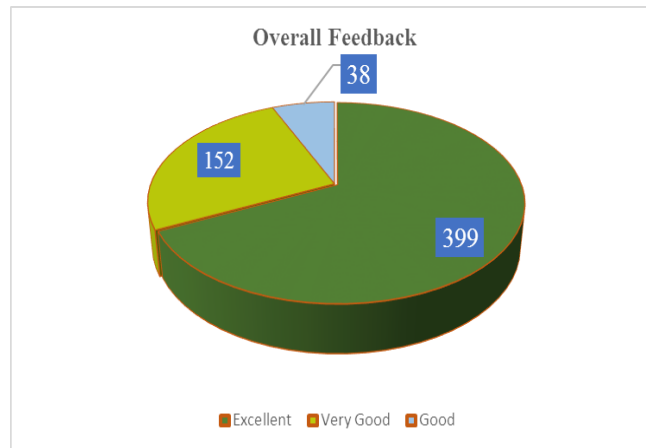
The event is viewed by Professor, Associate Professors, Assistant Professors, Research Scholars, and Students from various academic Institutions PAN India.

FEEDBACK REPORT

A feedback was taken at the end of the session from the active participants through google form with a good appreciation. The resource person and the topic was delivered and it was very informative.



OVERALL FEEDBACK



FEEDBACK ON RESOURCE PERSON 1:

Review	Excellent	Very Good	Good
No: of participants	403	151	35



FEEDBACK ON RESOURCE PERSON 2:

Excellent	very Good	Good	Poor
374	168	46	1



FEEDBACK ON RESOURCE PERSON 3:

Excellent	very Good	Good	Poor
343	186	59	1



E - CERTIFICATE



ADIKAVI NANNAYA UNIVERSITY

RAJAMAHENDRAVARAM, ANDHRA PRADESH INDIA-533296.



Certificate of Participation

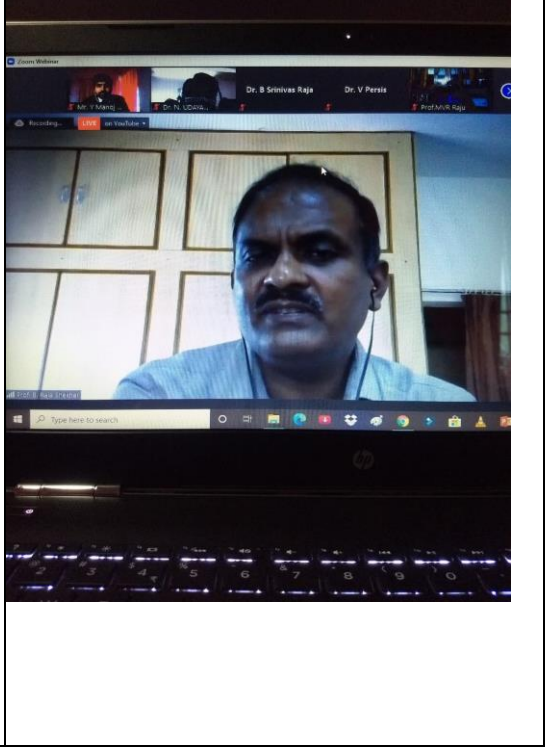
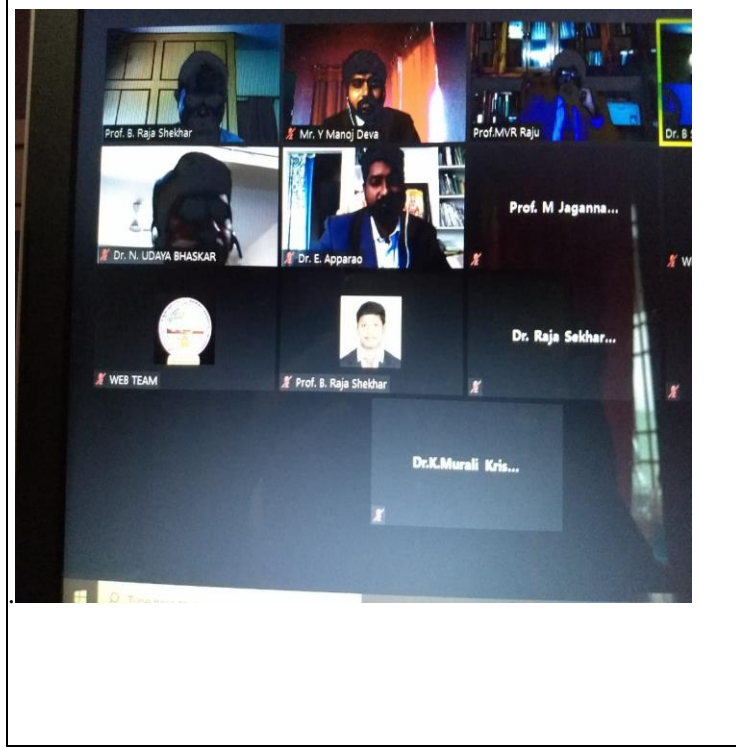
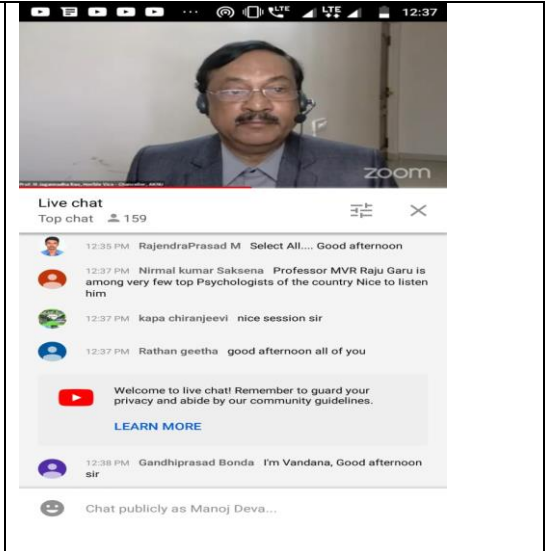
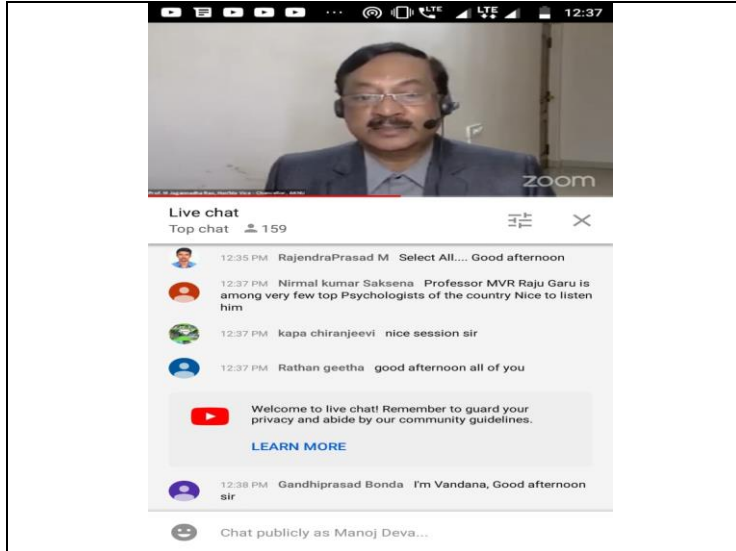
This is to certify that Mr. /Mrs./Dr. -----
a faculty/student/scholar of-----
has participated actively in One Day National Webinar on "Managing Career, Stress and Anxiety
during & after Covid-19" organised by ADIKAVI NANNAYA UNIVERSITY on 03/09/2020.

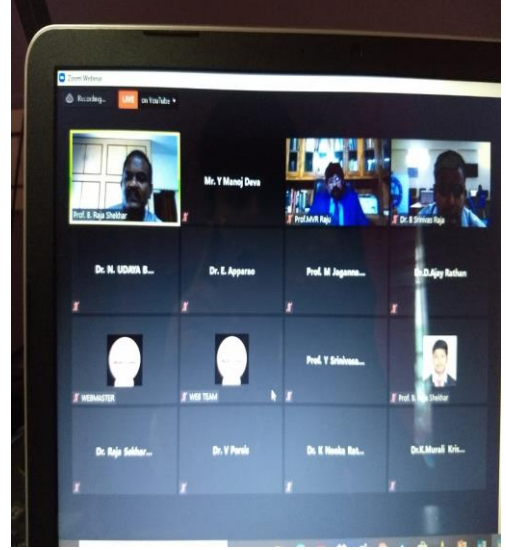
Dr. N. Uday Bhaskar
Convener,
Dean, Student Affairs,
Adikavi Nannaya University.

Prof. B Ganga Rao
Registrar,
Adikavi Nannaya University.



PHOTO GALLERY WITH CAPTIONS AND PAPER CLIPPINGS





PAPER CLIPPINGS

కొవిడ్-19 ఒత్తిళ్ల నుంచి విజ్ఞానం వైపు మనసు మళ్లించండి: నన్నయ వీసీ

దివాన్ చెరువు, సెప్టెంబరు 3: కొవిడ్-19పట్ల భయాందోళనలను దూరం చేసుకోవడానికి విజ్ఞానం వైపు మనసును మళ్లించుకోవాలని నన్నయ విశ్వ విద్యాలయం ఉపకులపతి మొక్కా జగన్నాధరావు అన్నారు. విశ్వవిద్యాలయంలో గురువారం మేనేజింగ్ కెరియర్, సైన్, ఎంకైజీ డ్యూరింగ్ అండ్ ఆఫ్టర్ కొవిడ్-19 అంశంపై జాతీయ వెబినార్ నిర్వహించారు. నన్నయ విశ్వవిద్యాలయం స్టూడెంట్ ఆఫైర్స్ డీన్ ఎన్.ఉదయభాస్కర్ కన్వీనర్ గా వ్యవహరించిన ఈ కార్యక్రమానికి వీసీ ముఖ్యఅతిథిగా హాజరై మాట్లాడుతూ కొవిడ్-19పట్ల ప్రతిఒక్కరూ ఆప్రమత్తంగా ఉండాలన్నారు. యూనివర్సిటీ ఆఫ్ హైదరాబాద్ ప్రొఫెసర్ వీసీ ఆచార్య బి.రాజశేఖర్ కెరియర్ ప్లానింగ్, కమ్యూనికేషన్ స్కిల్స్ పై మాట్లాడారు. ఆచార్య ఎంవీఆర్ రాజు, కె.మురళీకృష్ణ మానసిక ఒత్తిళ్లను ఎదుర్కోవడం, నిత్యజీవితంలో యోగా పాత్రలను గురించి తెలిపారు. రిజిస్ట్రార్ ఆచార్య బి.గుంరావు, ఈసీ నమ్మలు ఆచార్య కైశోరమేష్, ఆచార్య టి.అశోక్, బి.జగన్మోహనరాజ్, ప్రిన్సిపాల్స్ రమణేశ్వరి,వి.పెర్నిస్, కె.సుబ్బారావు పాల్గొన్నారు.

శుక్రవారం 4 సెప్టెంబరు 2020

విజ్ఞానం వైపు మనసును మళ్లించాలి : వీసీ

నన్నయ విశ్వవిద్యాలయం: కొవిడ్-19 వైరస్ పై ఆందోళనలు, ఒత్తిళ్లకు గురవడంతో మానసిక రుగ్మతలకు గురవుతున్నారని, ప్రతిఒక్కరూ విజ్ఞానంపై మనసు మళ్లించుకోవాలని ఆదికవి నన్నయ వీసీ జగన్నాధరావు సూచించారు. గురువారం వర్చిటీలో 'మేనేజింగ్ కెరియర్, సైన్స్ అండ్ యాంగ్లెజీ డ్యూరింగ్ అండ్ ఆఫ్టర్ కొవిడ్-19' అనే అంశంపై వెబినార్ నిర్వహించారు.

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