



लखनऊ विश्वविद्यालय
University of Lucknow



FACULTY OF ARTS

DEPARTMENT OF WESTERN HISTORY

In collaboration with

Counselling & Guidance Cell, University of Lucknow.

Presents

Mental Stress and anxiety among youth in the Post Covid term



Ms. Srishti Agarwal
Psychologist
&
Family Therapy Practitioner

On July 27, 2021
Time : 03:00 PM (IST)
Online Platform Zoom link

ORGANIZING TEAM-

Prof Madhurima Pradhan
Director,
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Dr. Archana Tewari
Head,
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University of Lucknow

Dr. Amita Sonker
Convener,
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University of Lucknow

DEPARTMENT OF WESTERN HISTORY

Date of Webinar : 27.07.2021

Topic : Mental Stress and anxiety among youth in the Post Covid term

Resource Person : Ms. Srishti Agarwal, Psychologist & Family Therapy Practitioner.

No. of participants: 16

Main points covered: Life during Covid, Changes in daily routine, Stress Management, Changes in the expectations of the family, problems of relationship, which did the students enjoyed during the Covid, Role of Social Media, Lack of motivation, problems relating to low confidence, difference between self-preservation and selfish behaviour, discussion on healthy options to overcome stress (like physical activity) and strengthen bonds with family members and friends, focus on short-term goals and long-term goals, maintaining interaction with the family members, relatives and friends, reaching out for support and counselling without guilt during any emotional crisis.





