

SAMPRK : A SOCIAL INITIATIVE
BY KUMAUN UNIVERSITY NAINITAL



Two days free of cost online course on “ coping with stress during COVID-19”.

Objectives of the course:-

- 1. Recognise stress during COVID-19.**
- 2. Recognise mental health problems.**
- 3. Steps to manage stress.**

Learning Outcomes:-

- 1. The program will help the participants to overcome with stress, fear and worry.**
- 2. Better understanding of mental health.**

Duration of the course- 2 day course.

22nd June 2020

23rd June 2020

Course Instructor:-

Dr. Ruchi Kakkar

Deptt. Of psychology

S.S.J Campus, Almora

Kumaun University,

Uttarakhand

E- mail- kakkarruchi2001@gmail.com

“E-certificate will be provided to all participants”

Registration link:-

https://docs.google.com/forms/d/e/1FAIpQLSeMpwVqERMCqVW0WxlsFdq87PWPzMFkOehaf669fbYhNsHiAg/viewform?usp=sf_link