



UGC-Human Resource Development Centre
(Formerly Academic Staff College)
UNIVERSITY OF KASHMIR
Hazratbal, Srinagar, Kashmir, 190006



Webinar on Stress and Coping Strategies among Faculty of HEIs during COVID-19 Pandemic

UGC - Human Resource Development Centre, University of Kashmir is going to conduct a webinar on “**Stress Coping and Strategies among Faculty of HEIs during Covid - 19 Pandemic**” on July 09, 2021 at 11.00 a.m. in online mode.

Professor Alok Kumar Chakrawal from **Saurashtra University, Rajkot, Gujrat**, will deliver the lecture online on Google Meet or Zoom platform. The webinar will help the teachers manage stress and explore effective coping strategies that can smoothly boost their academic endeavors. They will also be exposed to more active and approach-oriented coping strategies for positive outcomes and will have ample opportunities in conversations with **Professor Chakrawal**. The interested faculty members are requested to register online at our official website: www.hrdc.uok.edu.in

Due to limited capacity admission shall be given on first-come-first-serve basis to first 150 participants only.

Prof. Mushtaq Ahmad Darzi
Director