

Health and Stress Management:

Course Objective:

This course is meant to handle stress experienced by during lockdown or isolation due to the COVID-19 Pandemic.

Course instructors:

Dr. P.K. Behera

Dr. K.P. Tripathy

Course Topics:

- Overview of COVID-19.
- Misconceptions about the COVID-19.
- Preventive measures against COVID-19 infection.
- Working from home.
- Experiences during isolation.
- Different types of stress experienced due to different factors
- Scientific foundation of stress
- Methods of relieving stress
- Exercises.
- Healthy nutrition.
- The new normal.