



JAGANNATH
UNIVERSITY

Jagan Nath University

Organizes

a Webinar

in Association with

Brahmakumaris

on

“Stress Management during Covid-19”

Date : 26th June 2020, Friday

Time : 11.00 AM to 12.30 PM

Venue : University Campus

NH-12, Chaksu Bypass, Tonk Road, Jaipur-303901



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Background

The backdrop of this seminar was the rapid spread of corona virus in India and world-wide. Most of the research attention, media attention and governance attention was on safe-guarding and maintaining physical health of the individual. In this context, mental health issues seemed overlooked. Jagannath University organized a webinar as an employee welfare effort in June 26, 2020.

The webinar was titled “Stress management during Covid-19”, and was organized in association with “Brahmakumaris”. This web based seminar was an attempt to counter the complex negative effects of stress caused due to increased screen time and uncertainty due to COVID-19 on employees’ mental health, from social sciences perceptive and human resource management. The resource person of the webinar was Rajyogini sister Ms. B.K.Chandrakala (Rajyoga retreat centre, Vaishali Nagar, Jaipur Brahmakumaris India), who inclined towards spirituality & personality development from childhood, a learned speaker, gifted with higher levels of consciousness & attained deeper stages of yoga.

Objective

The main aim of the seminar was to reduce stress caused by the uncertainty due to COVID-19 pandemic and to increase positive self-influence.

Participants

The seminar drew a lot of interest from participants from various walks of life. The total registrations were almost touching the number of 3000. Registrations were done using Google form link. Participants were from the education sector, students, bankers, mangers, teachers, doctors and homemakers, both young and old.

2,872 responses

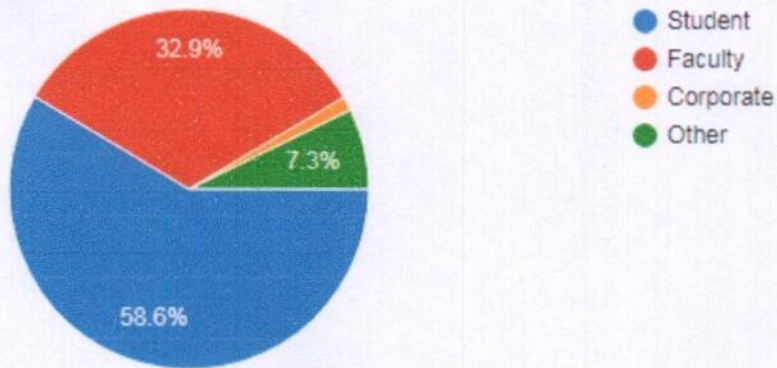


Figure 1: Participant Profile

The webinar platform brought together members from over 100 organizations from private as well as government and non-government sector. The participants got connected through YouTube live link of the seminar on Jagannath University channel on YouTube. Dedicated Zoom platforms links were used by the dignitaries.



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Program schedule:

Webinar started on zoom platform at 11.00 am as per the following schedule.

1. Welcome address by Registrar Jagannath University, Jaipur Mr. Tanmay Pattnaik 11:00 am
2. Session on Stress Management by resource person Sister BK Chandrakala- 11:05 am
3. Q n A by participants 12: 15 pm
4. Vote of thanks by Pro President Dr. Vaishali Sharma 12: 30 pm

Session Proceedings

The session commenced with a welcome address from Registrar Jagannath University, Mr. Tanmay Pattnayak. He emphasized on the need to stay stress free in the present scenario and thanked the "Brahmakumari" organizations for this collaborative effort.

It was followed by, the keynote speaker sister 'B.K. Chandrakala' starting the session with sharing her thoughts and experiences on stress. She said that it is a form of pain that indicates that something requires changing. She said that change can only come with inner will power. Other major points of her session can be summarized as:

Inner strength works as a safety button to cope with stress. Stress can be defined as a messenger or an internal effect on body & mind. Further, she talked about commonly used illusions about stress & signs. She shared that as human beings, we have to understand ourselves in a better manner to sort out our stress/problems/pressure. We human beings have to prioritize our work to ensure a stress free and happy life.

She suggested some measures or ways we can relieve our stress arising out of daily life or problematic situations. Ways like melodious & peaceful music, enjoying small joys of daily routine, helping others and can also reduce stress. Being a role model, giving and receiving happiness helps in a big way in reducing stress and increasing self satisfaction. Smile works as a medicine that is free, can be taken unlimited times, no side effects & cures the disorders arising due to stress. We have to set our mind to set everything & focus on a thing 'Adjust & Accept'. She explained various things, giving so many instances. After it, she said that a spiritually strong person can overcome stress & also explained a way to do meditation properly & peacefully.

Pr-President Dr. Vaishali Sharma in her address thanked & expressed gratitude to Sister B.K. Chandrakala for her inspiring & praiseworthy lecture. Registrar Mr. Tanmay Pattnaik also extended an invitation to visit the University campus for live interaction with the participants in future. In the end feedback form was shared on YouTube live chat and E- certificate were provided to all participants.

Feedback of Participants

98 percent of the participants liked the webinar and found it very useful in the current scenario. Feedback on the session was taken using Google forms.

Rate this webinar on a ten-point scale

2,096 responses

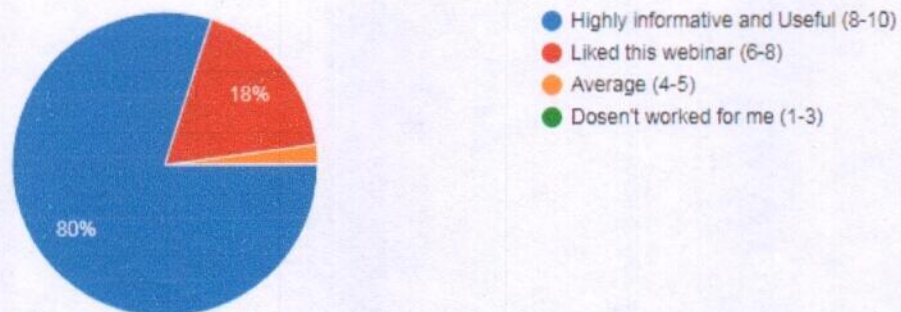


Figure 2 Participant Feedback



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Profile of Resource Person

Sister Chandrakalaji was born and brought up in a business class family in the Pink city of Jaipur (state of Rajasthan, India). She completed her Master's Degree in Political Science from Jaipur. Having keen interest in people & mass communication she also completed her Master's Degree in Journalism. Subsequently she joined the All India Radio-Jaipur as Assistant News Editor and served there for five years.

Inclined towards Spirituality and Personality Development from childhood and belonging to a very affectionate family observing high levels of values, she decided to serve humanity through spiritual empowerment, which has been the core mission of her life. She is blessed to have received the inspirations of Brahma Baba in person, the instrumental founder of Brahma Kumaris organization and an outstanding yogi.

Sister Chandrakala dedicated herself into full time Godly Service from 1987. Then onwards she had extensively travelled in India & abroad (Europe, Asia & South Africa) for conducting and facilitating various seminars on spirituality for people to practice it in their daily life.

Sister Chandrakala has a spontaneous way in presenting even the most difficult subjects and making them easy and interesting to understand. She has a very high orientation towards being solution driven thereby able to guide people on transforming problems and challenges into solutions.

She is gifted with higher levels of consciousness and has attained deeper stages of Yoga which are achievable by highly evolved spiritual practitioners.

Sister Chandrakala is responsible for the RajYoga retreat centre at Vaishali nagar, Jaipur where various day programs, in-house programs, meditation retreats and other training sessions related to values and spirituality are hosted throughout the year for corporates, working professionals and students of Brahma Kumaris organization. She also has additional responsibility of coordination of 15 Rajyoga centres in and around Jaipur.

Sister Chandrakala is the regional coordinator of Brahma Kumaris Media Wing for Rajasthan state. She has been organizing several courses tailored for different professional fields like Media, Business & Industry, Social, Medical, Women's wing and Transport related domains. She is also a Senior Faculty at the Mount Abu Headquarters of the Brahma Kumaris.

Following is the list of few organizations/institutions where she have conducted sessions as guest faculty-

- ✓ Indian Army
- ✓ OTS (Officer's Training School), Jaipur
- ✓ IFFCO
- ✓ Rajasthan Police
- ✓ Jaipur Traffic HQ,
- ✓ RICEM
- ✓ Autopal Automotive components
- ✓ Punjab National Bank
- ✓ State Bank of Bikaner & Jaipur
- ✓ Rajasthan State Electricity Board (JVVNL)



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BRAHMA KUMARIS

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Rajyogini Sister BK Chandra Kala

Senior Rajyogi Teacher

Media Wing Regional Coordinator (NCO) Rajasthan

Connect with us on

Date : 26th June 2020, Friday Time : 11:00 AM to 12:30 PM

- 1. The link for attending the webinar will be provided on your registered Mail-id.**
- 2. E-Certificate will be awarded to all participants after successful completion of the Webinar (Attendance Mandatory).**



Registration Link :
<https://bit.ly/jnubk>

For any query you may contact Ashish Vyas, E-mail : digitalcell@jagannathuniversity.org

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Snapshots



Webinar on Stress Management



Vice Chancellor -Dr. Vaishali Sharma

Registrar Mr. Tanmay Pattnayak



Resource Person-Rajyogi Sister BK Chandra Kala



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