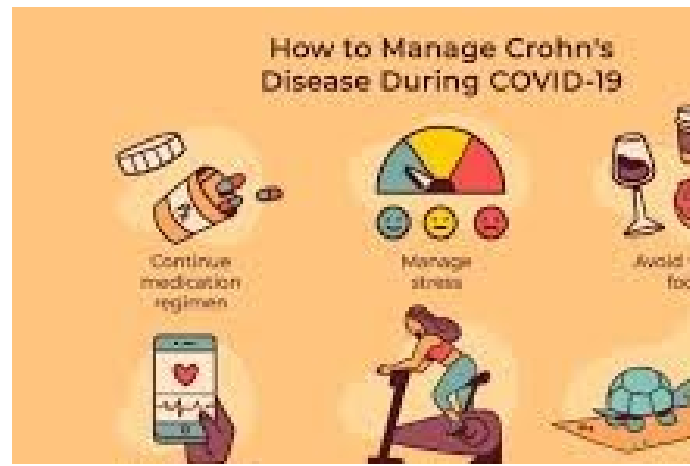


**GOKHALE CENTENARY COLLEGE, ANKOLA.**

**ONLINE TALK ON MANAGING STRESS DURING  
COVID THROUGH PHYSICAL ACTIVITY**



**ORGANIZED BY**

**DEPT OF PHYSICAL EDUCATION**

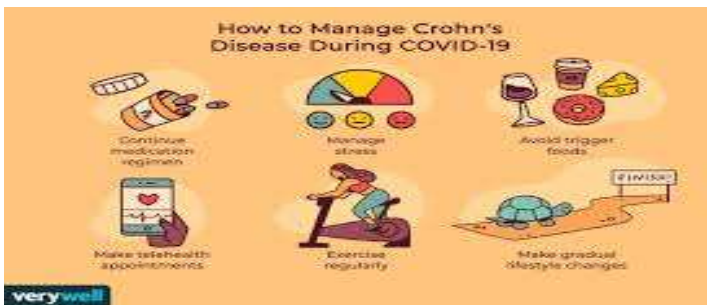
## A BRIEF REPORT

As new COVID-19 cases continue to emerge everyone was forced to stay indoors and stay at home in self-quarantine. In some countries, fitness centres and other locations where individuals are normally active remained temporarily closed. Staying at home for prolonged periods of time posed a significant challenge for remaining physically active.

Sedentary behaviour and low levels of physical activity can have negative effects on the health, well-being and quality of life of individuals. Self-quarantine can also cause additional stress and challenge the mental health of citizens. Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time. Taking this into account the Department of Physical Education organized a online talk on the topic : Managing stress in times of covid through Physical activity and exercise. Mrs Namita Sarang Fitness expert from Karwar was the resource person for the online talk. The talk was relayed to the students in their respective classes.

### MANAGING STRESS DUE TO COVID THROUGH PHYSICAL ACTIVITY & EXERCISES A TALK

@ KWT GOKHALE CENTENARY COLLEGE, ANKOLA



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