



தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம்

TAMILNADU TEACHERS EDUCATION UNIVERSITY

(Established under Tamil Nadu Act 13 of 2008)

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No. TNTEU/R/Est/Teach/ SDC /2020/

Date: 28.04.2020

**Official Communication**

**Sub:** TNTEU - Dr.V.Sharmila, Assistant Professor & Coordinator - Skill Development Center, Department of Educational Technology - Permission granted to organize a one day National Level Webinar on Stress Management - on 29.04.2020 through online mode - Order issued - Reg.

**Ref:** 1.Requisition letter dated: 22.04.2020, Dr.V.Sharmila, Assistant Professor & Coordinator - Skill Development Center, Department of Educational Technology, TNTEU.

In the reference 1" cited, Dr.V.Sharmila, Assistant Professor & Coordinator - Skill Development Center, Department of Educational Technology has requested permission to organize a one day National Level Webinar on Stress Management - on 29.04.2020 through online mode.

Dr.V.Sharmila, Assistant Professor & Coordinator - Skill Development Center, Department of Educational Technology is permitted to organize a Webinar on Stress Management on 29.04.2020 through online mode without any financial commitment on the part of the University.

Bu  
28/4/2020  
Registrar /c

**To**

Dr.V.Sharmila,  
Assistant Professor,  
Coordinator - Skill Development Center,  
Department of Educational Technology, TNTEU.

**Copy to:**

1. The Dean of faculty, TNTEU.
2. The Head of Department, Department of Educational Technology, TNTEU.
3. The Finance Officer, TNTEU.
4. PA to Vice Chancellor, TNTEU.

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## INVITATION

### TAMIL NADU TEACHERS EDUCATION UNIVERSITY SKILL DEVELOPMENT CENTER



*Cordially invites you to attend Zoom Video meet*

on

### **"Stress Management"**

Resource Person

**Dr. V.Gurumoorthy M.D**  
Senior Assistant Professor  
Department of Psychiatry  
Coimbatore Medical College  
Coimbatore

Date: 29.04.2020

Time: 2.30 p.m.

Free  
Registration

Co-ordinator  
Dr. V. Sharmila  
Skill Development Center  
Tamil Nadu Teachers Education University  
Chennai

Register through [tneu.sdc@gmail.com](mailto:tneu.sdc@gmail.com)

E-certificate will be provided

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3:26

11:19

2:41

11:19

### Stress Management

Today stress management webinar class very informative and very useful to every human beings. So I am very thanks to Dr. Sharmila mam arranging this wonderful topic.

Today handling webinar class is very super. Because Dr. Guru moorthy handling the class bilingual.

+91 97912 33339

Thank u very much Sharmila madam for organizing this topic... which is the need of the hour.

Dr. Gurumoorthy sir explained well about the Stress Management skills and he also presented the coping strategies in a simple and clear way...

Thank u very much.  
- Vijayaakshmi Murugesan

Newbegin Ebsibha  
Super sir

Today stress management webinar class very informative and very useful

+91 88702 07350

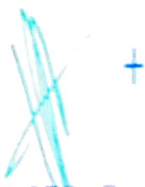
Nice Informative session, Thank you Dr. GURU moorthy sir

+91 98841 86696

Thank you very much. clear presentation  
sr

### Participants (98)

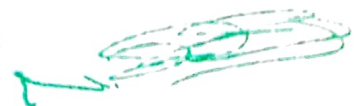
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- Guru Moorthy
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## LIST OF RESOURCE PERSON

**Dr.V.Gurumoorthy**  
**Senior Assistant professor**  
**Dept of Psychiatry**  
**Coimbatore Medical College**  
**Coimbatore**

### Report

The Skill Development Center of Tamil Nadu Teachers Education University conducted a programme on "Stress Management" through webinar on 29.04.2020. Dr.V.Gurumoorthy, Senior Assistant Professor, Dept. of Psychiatry, Coimbatore Medical College, Coimbatore has acted as a resource person for this webinar. The Programme was conducted in 2 sessions. The resource person explained about the stress and how to reduce and manage stress in our day-to-day life. The participants are interacted with the resource person. The resource person clarified the doubts raised by the participants. It was very informative and useful during this pandemic period. The programme was organised by Dr.V.Sharmila, Co-ordinator of Skill Development center.

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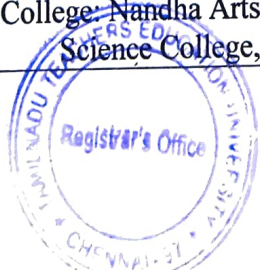


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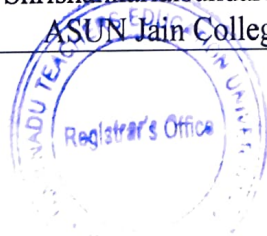
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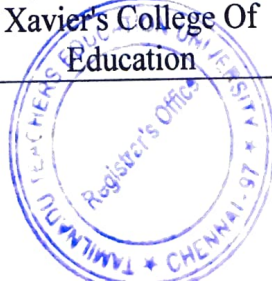


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# COVID AWARENESS ACTIVITIES

## POSTER:

### VIDEO:

<https://youtu.be/JCulFp19yVw>



**TAMIL NADU TEACHERS EDUCATION UNIVERSITY**  
**SKILL DEVELOPMENT CENTER**



**WEAR MASK REGULARLY**

**COVID-19 PRECAUTIONS**



**SANITIZE FREQUENTLY**



**MAINTAIN SOCIAL DISTANCING**



**COVID VACCINATION**

Please forward it to your contacts- Thanks

**Dr.V.SHARMILA**  
**CO-ORDINATOR**  
**SKILL DEVELOPMENT CENTER**  
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