



GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
IDEAL GIRLS' COLLEGE
AKAMPAT: IMPHAL-EAST, IMPHAL- 795001
Year of Establishment: 1970
Affiliated to Manipur University and recognised under section 2(f) and 12-B of UGC.
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ORDERS

Imphal, the 15th October, 2021

File No. 2/2-webinar/2021 – IGC: It is my pleasure to announce that the Career Counselling and Student Support Cell with support from IQAC, Ideal Girls' College, Akampat is organizing **One Day National Webinar on "Career Choices and Stress Management among Students during the Covid Pandemic"** on the 19th October, 2021. The following students from different semesters of the college are appointed as members of the organizing sub-committee:

1. Programme Conductor: Maisnam Keniya Chanu, B.A. 3rd Semester
2. Technical Support: Kayenpaibam Monica Devi, B.A. 5th Semester (Home Science Honours)
3. Registration in-charge: Thokchom Henarika, B.A. 3rd Semester & Jaojeanlu Phaomei, B.Sc. 1st Semester
4. Certificate in-charge: Nabita Maibam, B.A. 3rd Semester & Kongkham Kabita, B.A. 3rd Semester

L. Iboyaima Singh
Principal
Ideal Girls' College,
Akmapat, Imphal East,
Manipur

Action Taken Report

IDEAL GIRLS' COLLEGE, AKAMPAT

EVENT OVERVIEW

Event Name	ONE DAY NATIONAL WEBINAR ON “Career Choices and Stress Management Among Students During the Covid-19 Pandemic”		
Event Date	19 th October, 2021		
Event Description	To identify and explore challenges and opportunities in making “Career Choices and Stress Management Among Students During the Covid-19 Pandemic”		
Total Days of Event	1 Day		
Number of Students who participated in the program	MALE	FEMALE	TOTAL
	18	22	40
Location	At the College premises		
Plan of action	The programme was planned by the Convenor, Career Counseling and Students Support Cell of the college supported by Internal Quality Assurance Cell (IQAC) of the college.		
Outcomes / Impact of the activity	The students of the college participants from other institutions within and outside the state actively participated in the webinar by listening to the lectures given by the learned resource persons.		
Feedback	Since Covid-19 pandemic has severely affected every aspects of human activity, it is quite natural that the societal relationship is at its nadir resulting in the socio-economic breakdown. It has put the future of the youths in general and the students in particular at stake causing severe stress in their mental and physical activities. Therefore organizing such a webinar at this juncture is a desideratum, as most of the participants observed.		

Nirupama

Kh.Nirupama

Convenor