



2<sup>nd</sup> Webinar on

# **Stress and Depression Management**

**February 12, 2021**

# Webinar on Stress Management

| LONGDOM             |  |
|---------------------|--|
| TIME IN EET         | SPEAKER SESSION  |
| 17:00 PM - 17:20 PM | <b>Title: Fitness for work and Stress</b><br>Irene Burguillo, CODEM, Spain   |
| 17:20 PM - 17:30 PM | Q & A SESSION  |
| 17:30 PM - 17:50 PM | <b>Title: Misdiagnosing Personality Disorders as Anxiety Disorders</b><br>Sam Vaknin, Southern Federal University, Russia  |
| 17:50 PM - 18:00 PM | Q & A SESSION  |
| 18:00 PM - 18:20 PM | <b>Title: Stress management through autogenic training – practical session</b><br>Subasree Vanamali, Madras School of Social Work, India                         |
| 18:20 PM - 18:30 PM | Q & A SESSION  |
| 18:30 PM - 18:50 PM | <b>Title: Stress among youths in the present times: Causes, symptoms, and interventions</b><br>Sanjay Kumar, Harisingh Gour University, India                    |
| 18:50 PM - 19:00 PM | Q & A SESSION  |
| 19:00 PM - 19:20 PM | <b>Title: Stress</b><br>Shreya Pandey, India   |
| 19:20 PM - 19:30 PM | Q & A SESSION  |
| 19:30 PM - 19:50 PM | <b>Title: Generalized anxiety disorder (GAD) and panic disorder (PD)</b><br>Spandan Thaker, Mood and Mind, Saudi Arabia  |
| 19:50 PM - 20:00 PM | Q & A SESSION  |
| 20:00 PM - 20:20 PM | <b>Title: Suicidal Risk</b><br>Suresh Kumar, Zoroastrian College, India  |
| 20:20 PM - 20:30 PM | Q & A SESSION  |
| 20:30 PM - 20:50 PM | <b>Title: Marriage Mentoring 3.0 Better Mentoring, Better Couple Results, and Trends in India</b><br>Annu Tyagi, Veer Bahadur Singh Purvanchal University, India |
| 20:50 PM - 21:00 PM | Q & A SESSION  |
| 21:00 PM - 21:20 PM | <b>Title: Depression and Suicide Across Cultures</b><br>Rajalakshmi Krishnakumar, Diya counseling & consulting, India  |
| 21:20 PM - 21:30 PM | Q & A SESSION  |
| 21:30 PM - 21:50 PM | <b>Title: Strategic Approaches to Sexual Violence Prevention in Adolescents</b><br>Huseyin Yildiz, Turkey  |
| 21:50 PM - 22:00 PM | Q & A SESSION  |
| 22:00 PM - 22:20 PM | <b>Title: Relationship Delight</b><br>Fatma Ozdemir, Turkey  |
| 22:20 PM - 22:30 PM | Q & A SESSION  |

