



## FICCI-NACIN Underlines De-Stressing During COVID-19

**Chandigarh | May 01, 2020:** Ways to maintain health and effectively de-stress during COVID-19 found many takers in an online training session organized by FICCI in collaboration with National Academy of Customs, Indirect Taxes & Narcotics (NACIN), Chandigarh on May 01, 2020 at 11:30Hrs.

Mental health has taken a serious toll on account of COVID-19 and induced lockdown. As individuals lay restricted to four walls of their homes as a prevention measure while the healthcare professionals engage in a direct combat against the pandemic, mental space has become cluttered with anxiety related to health risks, lack of income security, future uncertainty and to some extent, work from home pressure. Though not as explicit as the other anxiety causants, work from home is one of those traits of 'new normal' that many are yet unaccustomed with and are struggling to balance their lives as they go about working remotely. Covering these aspects, the training session was an attempt at enabling officials at the Central Board of Indirect Taxes and Customs (CBIC) mitigate such anxieties as well as put the odds of work from home to use for personal upskilling and work innovation.

Welcoming the attendees, Mr. Anil Kumar Gupta, IRS (ADG, NACIN) emphasised on the importance of work-life balance in current times. He pointed out how, if not implemented properly, remote work could be disastrous to one's health and productivity. Dr. Awdhesh Singh, IRD (Retd.) (Founding Director of AwdheshAcademy.com) who was the guest panellist for the session guided the attendees on ways to keep up positivity while emerging through this crisis. Carefully weighting the negatives of the lockdown with opportunities it presents, he encouraged the attendees to pursue happiness to de-stress and suggested techniques/activities towards that end. He further narrowed the discussion down to CBIC officials and explained how they can make the most out of the work from home experience, tailored to their nature and requirement of their profile. Dr. Baljit Singh Khara, IRS (Assistant Director-NACIN) supplemented the discussion and shared that the department was utilizing this time to test new ideas and upgrade their work outcome.

The session lasted for 120 minutes and covered every nuance of the topic under discussion. Concluding the session, Dr. Awdhesh Singh said, "Keeping your mind agile and calm is the key. You could do it by reading a book, pursuing a hobby or undertaking any activity that gives you happiness and hope. That will help counter the woes of lockdown."