

One Day State Level Webinar on

FINDING HOPE IN CRISIS OF COVID-19 PANDEMIC

Organized by

NSS, Mankar College

in Collaboration with

IQAC, Mankar College

(Affiliated to The University of Burdwan)

[NAAC ACCREDITED: B+]

Mankar, Purba Bardhaman, WB,
713341

Registration Link

<https://forms.gle/CPQBm1pbWNI4B87Q8>

Date & Time

27-07-2021 & 11 am. onwards

About the topic

COVID-19 pandemic has been emerging as major stressor across the globe. The world has never been witnessed such an event affected so many individuals in different nations. The existing health services are under threats to control the infection and reduce casualties. At the same time the fears of new strains and new waves still persist profoundly for near future. Governmental 'lockdown' initiative intended at minimizing virus transmission including 'stay at home' orders and 'social distancing'. The initial objective was necessarily on the physical consequences of the infection. However, there is growing concern regarding psychological consequences emerging out from this catastrophe. Since one year the whole education system has been confined at home due to pandemic. It has been continuing its activities through virtual platforms. Regular schedules of academic institutions have been negotiated, with no clear idea of when they will be restored. Students are being confined to the home and are being separated from the teachers, friends and society for a long time. In such backdrops, students may experience a range of psychological issues such as anxiety, fear, worry, depression etc. Positive mental health is important during this crisis period. Hence the situation needs to be addressed on common platform, especially among the students and the strategies to combat with the crisis must be sorted out. Otherwise, disruption to or absence of access to care could have been serious negative consequences in youth section of society.

CHIEF PATRON



Prof. (Dr.) Sukanta Bhattacharyya
Chairman, IQAC &
Principal, Mankar College
Mankar, Purba Bardhaman, W.B.

KEY NOTE SPEAKER 1



Prof. Om Prakash Singh
MD, FRCP(EDIN). Psychiatrist

KEY NOTE SPEAKER 2



Mrs. Prait Chakraborty
Clinical Psychologist

PROGRAMME SCHEDULE

11: 00 a.m.: Inaugural Session

11: 10 a.m.: Welcome Address by Prof.(Dr.) Sukanta Bhattacharyya
Principal, Mankar College.

11: 30 a.m.: Presentation by Prof. Om Prakash Singh

Topic : How to excel and succeed at the time of covid.

12: 30 p.m.: Presentation by Mrs. Prait Chakraborty

Topic : Stress management during and post lockdown period.

01: 30 p.m.: Question & Answer session.

02:00 p.m.: Vote of thanks by Dr. Srabanti Ghosh, Coordinator, IQAC.

ORGANIZING COMMITTEE

Convenor

Dr. Srabanti Ghosh & Makeswar Rajak

Co-Convenor

Dr. Abhik Dasgupta & Kunal Kumar Mandal

Youtube Link

<https://youtu.be/yErql7i5kcl>

E-Certificates will be provided to the registered participants within 10 days of completion of the webinar