

Webinar on Covid 19 Pandemic and Understanding Mental Health and Management



Number of Participants: 129 Nos.

Date: 07th August, 2020

Session: 2020-21

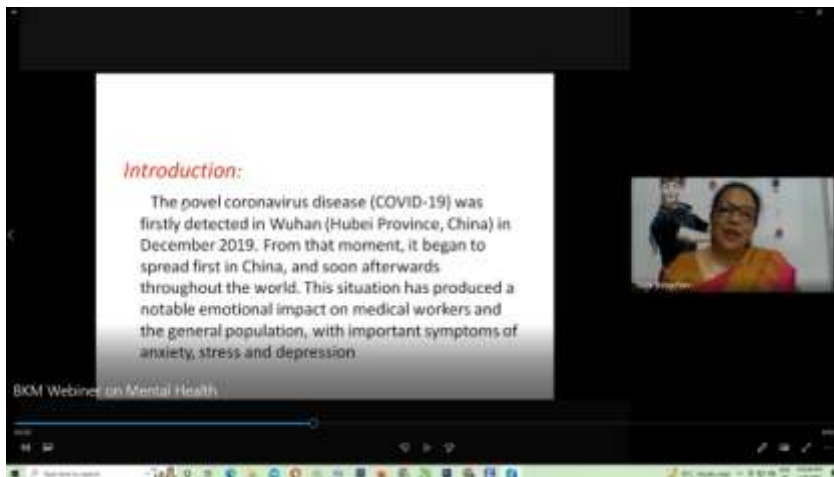
Resource Person: Nimi Borgohain
Chief Clinical Psychologist
GNRC, Guwahati, Assam

Organized by: IQAC, Birjhora Kanya Mahavidyalaya, Bongaigaon

Objective: The Covid 19 pandemic has resulted in various kinds of stress and anxiety among the students and teachers all over the world. The closure of educational institution as a result of sudden lockdown and the overnight shift from regular teaching –learning mode to the virtual mode has created many difficulties not among the students but also the teachers. Many teachers have found it difficult to cope with the situation resulting in anxiety, frustration and depression. Keeping this in mind IQAC felt the need of organizing a webinar on understanding Mental Health and Management.

About the Webinar: The webinar was conducted on virtual mode using Google Meet. Nimi Borgohain, the Chief Clinical psychologist, GNRC, Guwahati, Assam was invited as the Resource person. The coordinator of IQAC Dr. Kalpana Kalita Das started the webinar with a brief explanation of objectives followed by the welcome address of Mrs Nalini Das Baishya. The webinar discussed about various aspects of mental health and the importance of a sound mental health to be able to deal with all kinds of stress and anxiety. The resource person explained very clearly about different kinds of mental state students and teachers are going through due to the pandemic. She also discussed various measures to be adopted for dealing with stress, anxiety and frustration and for maintaining a sound mental health. The webinar was attended by many faculty members across the state. A question answer session was also conducted after the discussion to clear many issues relating to the topic.

Outcome: The webinar was found very beneficial by all the participants. The feedback received from the participants revealed that the webinar was a much needed one. Many participants also expressed that the deliberation of the resource person helped them to rediscover themselves.



Kalita

Co-ordinator, IQAC

(Dr. Kalpana Kalita Das)

Birjhora Kanya Mahavidyalaya,

Bongaigaon, Assam

Date :

**Co-ordinator
IQAC
Birjhora Kanya Mahavidyalaya
Bongaigaon**