





This book is a compilation of empirical research and review papers, which focuses on pertinent issues in current situation. The articles have been contributed by different researchers and experienced academicians from all over the country. The articles are thoroughly based on their original research work presented during Two Day National Conference titled "**Adaptability In Crisis: Psychology, Education And Society**" organized by the Department of Psychology, Rajiv Gandhi University (A Central University), Arunachal Pradesh, India, on the 17th & 18th of August 2021 through virtual mode.

The objective of the book is to highlight various issues related to the present COVID-19 pandemic to foster better preparedness and adaptability in crisis. The chapters delve on the themes of Physical & Mental Health, Health Care System, Work-Life Balance, Resilience, Coping Skills and Effects of COVID-19 on Mental Health. It consists of selected unpublished articles of diverse aspects of psychological and overall mental health highly relevant on both individual and community levels in every sphere of life. The findings will also contribute to public welfare and policy documentation for the Government.



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