

REPORT

Two Days National Virtual Conference, 17-18 August 2021

On

“ ADAPTABILITY IN CRISIS:PSYCHOLOGY, EDUCATION AND SOCIETY ”



Organized by:

Department of Psychology
Rajiv Gandhi University (A Central University),
Rono Hills, Doimukh – 791112
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I also express my deepest gratitude to the Pro-Vice Chancellor, Prof. Amitava Mitra and the Registrar, Dr. N. T. Rikam, who always boosted my morale and has been a guide helping me through thick and thin. I am indebted to you both for your guidance. I also extend my gratitude to Prof. Tana Showren, Dean, Faculty of Social Science, RGU for valuable guidance and support.

I also extend my gratitude to Prof. Meena Hariharan, Prof. Nutankumar Thinguhjam, Prof. Mohammad Ghazi Shahnawaz, Prof. Sherwin May Sungoh, and Dr. Kottu Shekhar for their time and valuable insight in Plenary Technical Sessions.

I must also thank my loving and dedicated colleagues, guest faculty members, research scholars and students for providing me with emotional and moral support; their cooperation and support can never be forgotten.

Dr. Dharmeshwari Lourembam

Organizing Convenor

PART 1: PREFACE

1.1 The University

Rajiv Gandhi University (formerly Arunachal University) is the premier institution for higher education in the state of Arunachal Pradesh located at the picturesque tabloid of Rono Hills approximately 25 km away from the state capital Itanagar. Late Smt. Indira Gandhi, the then Prime Minister of India, laid the foundation stone of the University on 4th February 1984 at Rono Hills. Ever since its inception, the University has been trying to achieve excellence and fulfill the objectives as envisaged in the University Act. The University was recognized as a Central University in the year 2007 established under the Act of Parliament. Being the only Central University of the State at present there are Twenty Six (26) Departments and Two (02) Institutes functioning under Nine (09) Academic Faculties. The Faculty members have been actively engaged in research activities. The University has been maintaining its academic excellence and individuals from its alumni group are contributing at significant positions not only in State and Central Government Services, but also in various Institutions, Industries and Organizations. The University has continuously maintained its premier status among top hundred (100) educational institutions in NIRF ranking across India.

About the Department of Psychology

The Department of Psychology was established in the year 2017 with two Assistant Professors. Currently the Department is running with four Assistant Professors and 3 Guest Assistant Professors.

Vision: The Department was set up to develop an awareness of the importance of studying human behaviour and the societal relevance of psychology. The Department offers M.A. Psychology which is of four semesters and the curriculum is so designed as to provide strong theoretical, methodological and contemporary knowledge of various areas of Psychology to the students. The purpose is to equip the students with knowledge, skills and values to become effective and competent professional psychologists. During the course, the students are taken for field visit at mental health centres and counselling cells besides interactive classroom teaching and laboratory training. Time to time extended lectures from experts in relevant field is also conducted. This academic training enables the students to work in a broad range of settings such as medical, organization, counselling centres, NGOs, researchers

and academicians. The department has also started offering PhD programme with 4 Research Scholars from the academic session of 2021.

1.2 Sponsoring Agency

The Program was sponsored by the **Rajiv Gandhi University**.

1.3 Background of the Conference

The Covid-19 pandemic has led to a prolonged exposure to stress. The ongoing COVID-19 is testimonial of the fact that the psychological effects of contagion and quarantine is not limited to the fear of contracting the virus. There are some elements related to the pandemic that has more impact, such as separation from loved ones, loss of freedom, uncertainty about the advancement of the disease, and the feeling of helplessness. The ongoing Covid-19 pandemic has had significant economic, health, educational, psychological and social effects on the population. Research has highlighted the impact on the psychological well-being of the most exposed groups, including children, college students, and health workers, who are more likely to develop post-traumatic stress disorder, anxiety, depression, and other symptoms of distress. The social distance and the security measures have affected the relationship among people and their perception of empathy toward others, economic life of especially the small scale businesses and entrepreneurs, added stress of the frontline workers, change in dynamics of family and interpersonal relationships structure etc to name a few. In the field of education, this emergency has led to the massive closure of face-to-face activities of educational institutions in more than 190 countries in order to prevent the spread of the virus and mitigate its impact.

UNESCO has identified major gaps in educational outcomes, which are related to the unequal distribution of teachers in general, and of the best qualified teachers in particular, to the detriment of lower-income countries and regions and of rural areas, where indigenous and migrant populations tend to be concentrated. Many of the measures that the region's countries have adopted in response to the crisis are related to the suspension of face-to-face classes at all levels, which has given rise to three main areas of action: the deployment of distance learning modalities through a variety of formats and platforms (with or without the use of technology); the support and mobilization of education personnel and communities; and concern for the health and overall well-being of students.

There is a serious risk that COVID-19 will wipe out several decades of progress—most notably the progress that has been made in addressing poverty and gender equality. While the

pandemic demonstrates that we belong to one interconnected humanity, social Education in a post-COVID world and economic arrangements mean that the impacts of the virus are disparate and unjust. Gender discrimination means that girls' educational attainments are likely to suffer greatly, with a risk of many not returning to school post-COVID-19. This is not something we should accept; we must do everything in our power to prevent it. COVID-19 has the potential to radically reshape our world, but we must not passively sit back and observe what plays out. Now is the time for public deliberation and democratic accountability and an intelligent collective action.

1.4 Objective of the Conference

- ❖ To acquire a cognizance of the challenges and dynamics faced across domains post COVID.
- ❖ Mapping out the employment opportunities and challenges among the employees post COVID.
- ❖ Analysis of the changing dynamics in ICT education
- ❖ Imparting resilience and coping skills in post COVID times
- ❖ Investigate the social polarization stemmed due to the lockdown and its implications in the post COVID times.
- ❖ Examine the opportunities and challenges on tourism post-COVID
- ❖ Evaluate the intricacies and details of sustainable society through self sufficiency in post COVID times.

1.5 Outcomes of the Conference

The expected programme outcomes of the current conference are specified below:

- ❖ Structuring out the future map facilitative for health care workers post COVID era.
- ❖ Discuss the challenges and way forward for the minorities post COVID.
- ❖ Collaborative learning strategies for the entrepreneurs and business settings.
- ❖ Analysis of the family and home environment
- ❖ Bridging gap between the teachers and the learners
- ❖ To provide research input to future researches

1.6 Theme & Sub-Theme

The conference was organized on the theme **“ADAPTABILITY IN CRISIS: PSYCHOLOGY, EDUCATION AND SOCIETY”**.

Sub-Theme

- ❖ Mental/Physical Health & Healthcare system
- ❖ Employment opportunities and challenges post COVID-19
- ❖ Changing Dynamics in ICT education 4. Minority at intersections
- ❖ Personality, Intelligence & Mental health related to Family and Home environment
- ❖ Business and Entrepreneurship
- ❖ Hygiene & Culture
- ❖ Community Involvement and Tourism post COVID 19
- ❖ Therapeutic interventions during and post COVID 19
- ❖ Effectiveness of tele counselling services.
- ❖ Boredom & Motivation
- ❖ Topic related to Social-work, Psychology, Sociology, Education and Political Science
- ❖ Bridging the gap between the teacher and the taught
- ❖ Forging the path for a capitalization in private sectors & entrepreneurship
- ❖ Societal polarization
- ❖ Power play and its impact on society
- ❖ Self sufficiency for a sustainable society

1.7 Resource Persons in Keynote Speech, Plenary Session and Technical Sessions

- ❖ **Keynote Speech (17th August 2021) by Meena Hariharan, Professor and Founder, Director, The Centre for Health, Psychology, University of Hyderabad.**
- ❖ **Plenary Technical (17th August 2021) Session-1 by Prof. Nutankumar Thingujam, Head, Department of Psychology, Tripura University.**
- ❖ **Plenary Technical (17th August 2021) Session-2 by Prof. Mohammad Ghazi Shahnawaz, Department of Psychology, Jamia Millia Islamia, New Delhi.**
- ❖ **Plenary Technical (17th August 2021) Session-3 by Prof. Sherwin May Sungoh, Department of Education, North-Eastern Hill University (NEHU)**

- ❖ **Plenary Technical (17th August 2021) Session-4 by Dr. Kottu Shekhar**, Regional Director, Rajiv Gandhi National Institute of Youth Development, Ministry of Youth Affairs and Sports, GOI.
- ❖ **Chairperson in 1st Technical Session(18th August 2021):** Prof Naveed Iqbal, Dept of Psychology, Jamia Millia Islamia
- ❖ **Chairperson in 2nd Technical Session (18th August 2021):** Dr. Tushar Singh, Assistant Professor, Dept. of Psychology, BHU
- ❖ **Chairperson in 3rd Technical Session (18th August 2021):** Prof. Elizabeth Hangsing, Dept. of Education, Rajiv Gandhi University
- ❖ **Chairperson in 4th Technical Session (18th August 2021):** Prof. J. Sahoo, Department of Education, RGU
- ❖ **Chairperson in 5th Technical Session (18th August 2021):** Dr. Thiyam Kiran Singh, Dept. of clinical Psychology, Mizoram University
- ❖ **Chairperson in 6th Technical Session (18th August 2021):** Dr. Arindam Garg, Associate Professor, Dept. of Management, RGU
- ❖ **Chairperson in 7th Technical Session (18th August 2021):** Dr. Poonam Sarma, Academic Co-ordinator, Dept of Psychology, Amity University, Mumbai
- ❖ **Chairperson in 8th Technical Session (18th August 2021):** Dr. Vincent Benny, Scientist C, DRDO
- ❖ **Chairperson in 9th Technical Session (18th August 2021):** Dr. Sanjay Kumar, Dept of Applied Psychology, GJUS& T, Hisar
- ❖ **Chairperson in 10th Technical Session (18th August 2021):** Prof. Vokendra Singh, Dept. of Anthropology, RGU

1.8 Target Group

This conference is open for all the stakeholders who have a keen interest in generating a cognizance of the various challenges and coping strategies in the psychosocial, educational, economic, technological and other crucial domains post the COVID-19 pandemic.

1.9 Proposed Date of the National Virtual Conference

The proposed National Virtual Conference was successfully conducted on 17th and 18th August, 2021.

1.10 Estimated Budget

The estimated total budget of the programme is Rs. 20,000/- which includes honorarium to the Resource Persons and other Miscellaneous Expenses.

1.11 Mode of Operation:

The program was conducted virtually on the online platform called ‘Google meet’.

PART 2: SESSION WISE DELIBERATION

2.1 Inaugural Session:

The inaugural session was graced by honourable Vice chancellor of RGU Prof. Saket Kushwaha, Pro-VC Prof. Amitava Mitra and Registrar Dr. N. T. Rikam and Dr. Dharmeshwari Lourebam, Head (In-charge) Psychology and Conference Co-ordinator.

Honourable Vice Chancellor Prof. Saket Kushwaha, emphasised on the quintessence of such programs for dissemination of a cognizance and to acquaint students and educationists with the in-trend curriculum, format and pedagogy of the new education system. He also expressed his ideals on inclusivity in lieu with one pertaining to Hon. PM Narendra Modi wherein he underlined the speciality in the uniqueness of each individual, in the same way as the former intends on the principle of inclusivity for all in the campus of RGU irrespective of students, teaching and non-teaching staffs. Lastly, he concluded his note by congratulating the department of Psychology for a successful program and ended his speech on a positive note reminding the participants to overcome each challenges turning them into beautiful possibilities in life.

Pro Vice Chancellor Prof Amitava Mitra stated the relevance of NEP 2020 and how much information couldn't reach the targeted stakeholders specially the students due to the pandemic. Defining Psychology, he highlighted various approaches of the subject stating that psychology is the study of mind and behaviour and involves science as well as social sciences and has application in all walks of life, work, family, relationships, sports and industries and emphasized on the importance of mental health practitioners as one of the important underlying reason behind the introduction of NEP. He also highlighted the significance of mother-tongue & the importance to hold on to our cultural roots irrespective of receiving a formal education. The additional benefits of the various exit points available with the introduction of NEP, 2020 were also highlighted.

Registrar Dr. N. T. Rikam expressed how with the increase in mental health crisis the society is facing especially during the covid-19 pandemic, wherein the role of psychologist becomes need of the hour as they play crucial role in the promotion of healthy behaviour and improving quality of life for those who are suffering from mental illness. He too emphasised

on the significance of such programs and applauded the initiatives by all other allied departments for conducting the webinars.

The welcome address was delivered by Dr. Dharmeshwari Lourebam, Organizing Coordinator of the Webinar and Head (in-charge) Psychology, RGU. She welcomed the dignitaries and expressed her warm, solicited greetings to the participants for fruitful deliberation and interaction on the topic.

Miss Leeyir Ete, the Master of Ceremony, proposed the Vote of thanks expressing her gratitude on behalf of the entire organizing committee towards the esteemed dignitaries.

2.2 Plenary Session (17th August 2021)

❖ Plenary Technical Session-1

Speaker: Prof. Nutankumar Thingujam, Head, Department of Psychology, Tripura University.

Prof. Nutankumar S. Thingujam deliberated on the topic '*Psychological perspective on hesitancy toward covid 19 vaccination and testing*'. He informed the participants about the current status of COVID 19 vaccination (till 14th Aug 2021, 8.8% of the population in India were vaccinated). He also talked about the hesitancy toward the Covid 19 vaccination which was found to be quite high in percentage. After that he steered his deliberation toward the psychological correlates of Covid 19 vaccination where he talked about the correlation between various variables related to the vaccination. Lastly, he listed down the lessons from messages framing research for motivation people in Covid 19 vaccination and testing.

❖ Plenary Technical Session-2

Speaker: Prof. Mohammad Ghazi Shahnawaz, Department of Psychology, Jamia Millia Islamia, New Delhi.

Prof. Ghazi deliberated on the topic of "*Vaccine Hesitancy in India: Exploring Psycho-Social Facilitators and Inhibitors*" wherein he highlighted two research studies to check attitudes towards COVID 19 vaccines using two theoretical models - Theory of Planned Behaviour and Health Belief model. The results of both the studies revealed the following key findings:

- Attitude, subjective norms, and perceived control would lead to more intention to get vaccines
- Minorities and less-educated have less intention to get vaccines
- High Vaccine Convenience would result in more intention to get vaccines

- Vaccine misinformation would lead to less intention to get vaccines
- Perceived severity (Consequences of COVID) would lead to more intention to get vaccines

Thereafter he also addressed several questions regarding attitude and perception towards COVID 19 vaccination among the tribal population of Arunachal Pradesh from the participants.

❖ Plenary Technical Session-3

Speaker: Prof. Sherwin May Sungoh, Department of Education, North-Eastern Hill University (NEHU)

Prof. Sungoh deliberated on the topic of “*Adaptability: Adapting to the changing circumstances is a skill you can learn.*” and emphasized on the changes brought about by the COVID 19 pandemic in the education sector. She initially started by highlighting the definition and importance of the skill of Adaptability and then went on to accentuated the various techniques which one can adopt to improve one’s skills of adaptability applicable to both learners and educators. She ended her session by highlighting the importance of focusing on the aspects of our environment that we can control in strengthening our adaptability skills.

❖ Plenary Technical Session-4

Speaker: Dr. Kottu Shekhar, Regional Director, Rajiv Gandhi National Institute of Youth Development, Ministry of Youth Affairs and Sports, GoI.

Dr. Shekhar deliberated on the topic of “*Adaptability in Crisis*” and emphasized on the importance of youth. He narrated real life events on the significance of adaptability in any uncertain unprecedented situations through his years of engagement as a training expert of youth. He also highlighted the importance of conducting various sensitization and awareness programmes as well as the role of various stakeholders in bringing change in the society. The importance of social support and unity at times of adversity was also discussed. He noted that strengthening adaptability skill especially for the youths is crucial to bring about positive change and act as a protective measure both during and post COVID 19 pandemic.

2.3 Technical Sessions:

18th August, 2021: 1st Technical Session: Time-10.00am-12.00 noon

Subtheme: Physical and mental health and health care system

CHAIRPERSON: Prof Naveed Iqbal, Dept of Psychology, Jamia Millia Islamia

Moderator: Dr. Kakali Goswami

The session was based on any theme related to Physical and mental health and health care system and was chaired by Prof Naveed Iqbal, Dept of Psychology, Jamia Millia Islamia, New Delhi. Out of the total 11 registered papers, 9 papers were presented and topics ranged from mental health of parents, school students, and college students during pandemic to increase of internet addiction, distorted body image in lockdown and its relation to mental health. The chairperson gave valuable inputs to all the presenters for any scope of improvement. The session was moderated by Dr. Kakali Goswami who also delivered the vote of Thanks.

18th August, 2021: 2nd Technical Session: Time: 10.00 am-12.00 noon

Subtheme: Physical health, Mental health and health care system

Chairperson: Dr. Tushar Singh, Assistant Professor, Dept. of Psychology, BHU

Moderator: Dr. Sachit Prasun Mondal

The session was based on any theme related to Physical and mental health and health care system and was chaired by **Dr. Tushar Singh, Assistant Professor, Dept. of Psychology, BHU**. Out of the total 11 registered papers, 11 papers were presented and topics include burnout, suicidal ideation, sleeping pattern, social anxiety, stress, depression, fantasy proneness, internet addiction, and mental health in relation to the crisis situation. The chairperson gave valuable inputs to all the presenters for any scope of improvement. The session was moderated by Dr. Sachit Prasun Mondal who also delivered the vote of Thanks.

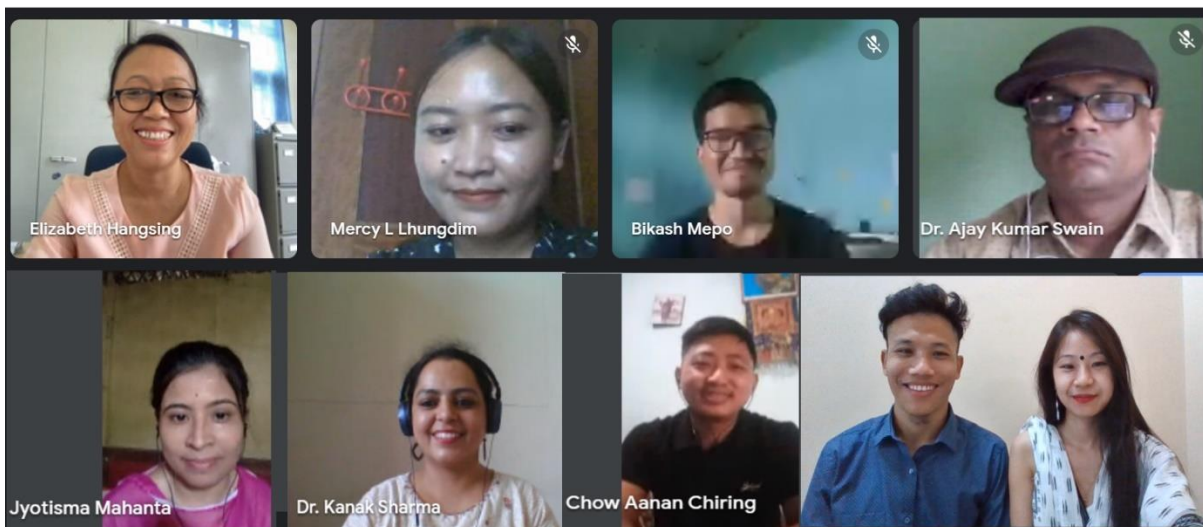
18th August, 2021: 3rd Technical Session: Time: 10.00am-12.00noon

Subtheme 13: any topics related to education

Chairperson: Prof. Elizabeth Hangsing

Moderator: Ms. Leeyir Ete

The session was based on any theme related to education and it was chaired by Prof. Elizabeth Hangsing, Dept. of Education, Rajiv Gandhi University. Out of the total 11 registered papers, 10 papers were presented and topics ranged from motivation in classroom setting to attitude towards online education. The impact of lockdown and cancellation of offline classes on teachers as well as students were highlighted through the paper presentations. The session was moderated by Ms. Leeyir Ete and Mr. Tadar Amar who also delivered the vote of Thanks.



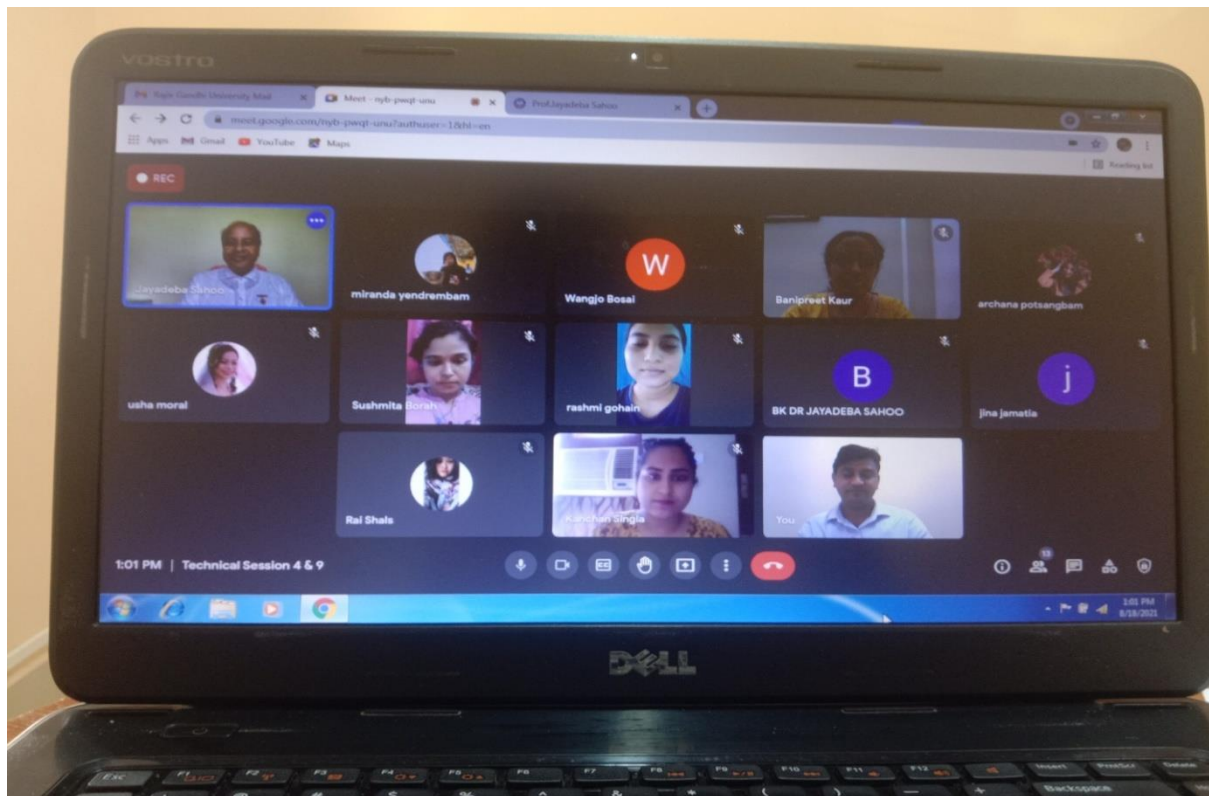
18th August, 2021: 4th Technical Session: Time: 10:00 am to 12:00 PM

Theme- Changing Dynamics in ICT and Online Education

Chairperson: Prof. J. Sahoo, Department of Education, RGU

Moderator: Dr. Sandeep Panchal

There was total 13 paper kept in the scheduled of technical session-4 out of which 11 papers were presented. The theme was based on Changing Dynamics in ICT and Online Education. Session started by the Moderator, Dr. Sandeep Panchal (Assistant Professor, Psychology, RGU) to welcome the Chairperson Prof. J. Sahoo, Dept of Education, RGU. Out of thirteen, eleven presentation presented by the different author and a healthy discussion was done after each presentation. The papers were on a wide range of topics such as dynamics of online education, importance of ICT, uses and misuse of ICT, effect of online teaching on teachers and students, and Learning Management System. Participants learn a lot during the discussion and the inputs from the chairperson was highly appreciated by the participants. Session was ended with the vote of thanks by the Dr. Sandeep Panchal.



18th August, 2021: 5th Technical Session:

Subtheme: Therapeutic intervention and effectiveness of tele -counselling during COVID 19)

Time 10.00 AM-12.00 NOON

Chairperson : Dr. Thiyam Kiran Singh, Dept. of clinical Psychology, Mizoram University

Moderator: Dr. Dharmeshwari Lourebam

The session was based on any theme related to “Therapeutic intervention and effectiveness of tele -counselling during COVID 19” and was chaired by **Dr. Thiyam Kiran Singh, Dept. of clinical Psychology, Mizoram University**. Out of the total 14 registered papers, 12 papers were presented and topics include effectiveness of various therapeutic methods and understanding psychological disorder in relation to the crisis situation. The importance of tele-counselling in the time of crisis especially during lockdown where face to face counselling was not possible was highlighted in many deliberations. Meta-analysis on tele-counselling by one presenter noted that tele-counselling is as effective as any other form of counselling. The chairperson gave valuable inputs to all the presenters for any scope of improvement. The

session was moderated by Dr. Dharmeshwari Lourembam who also delivered the vote of Thanks.



18th August, 2021: 6th Technical Session:

Sub theme : work-life balance, Business and entrepreneurship

Time 1.00 pm- 3.00 pm

Chairperson: Dr. Arindam Garg, Associate Professor, Dept. of Management, RGU

Moderator: Dr. Kakali Goswami

The sixth technical session was based on any theme related to “work-life balance, Business and entrepreneurship” and was chaired by **Dr. Arindam Garg, Associate Professor, Dept. of Management, RGU**. Out of the total 07 registered papers, 05 papers were presented and topics include corporate social responsibility, increasing self-sufficiency, job burnout, current situation of entrepreneurship education, stress among working women to say a few. The chairperson gave valuable inputs to all the presenters for any scope of improvement. The session was moderated by Dr. Kakali Goswami who also delivered the vote of Thanks.

18th August, 2021: 7th Technical Session:

Sub theme : Role of resilience and coping skills, well being and positive psychology

Time 1.00 pm- 3.00 pm

Chairperson: Dr. Poonam Sarma, Academic Co-ordinator, Dept of Psychology, Amity University, Mumbai

Moderator: Ms. Yuma Narah

The seventh technical session was based on any theme related to “Role of resilience and coping skills, well-being and positive psychology” and was chaired by **Dr. Poonam Sarma, Academic Co-ordinator, Dept of Psychology, Amity University, Mumbai**. Out of the total 09 registered papers, 09 papers were presented and varied topics were discussed which include happiness, overall well-being, spiritual well-being of students, artists and adults specially in the time of pandemic to say a few. The chairperson gave valuable inputs to all the presenters for any scope of improvement. The session was moderated by Ms. Yuma Narah who also delivered the vote of Thanks.

18th August, 2021: 8th Technical Session: Time : 1.00 pm- 3.00 pm

SUBTHEME: Role of resilience and coping skills, wellbeing and positive psychology

Chairperson: Dr. Vincent Benny, Scientist C, DRDO

Moderator: Dr. Sachit Prasun Mondal

The sixth technical session was based on any theme related to “Role of resilience and coping skills, wellbeing and positive psychology” and was chaired by **Dr. Vincent Benny, Scientist C, DRDO**. Out of the total 09 registered papers, 08 papers were presented on varied topics including resilience and coping strategies, grit, flow, self-actualization, happiness, personality and behaviour problems among students, teachers, dancers during the pandemic to say a few. The chairperson gave valuable inputs to all the presenters for any scope of improvement. The session was moderated by Dr. Sachit Prasun Mondal who also delivered the vote of Thanks and concluded the session.

18th August, 2021: 9th Technical Session: Time: 1:00 pm to 3:00 PM

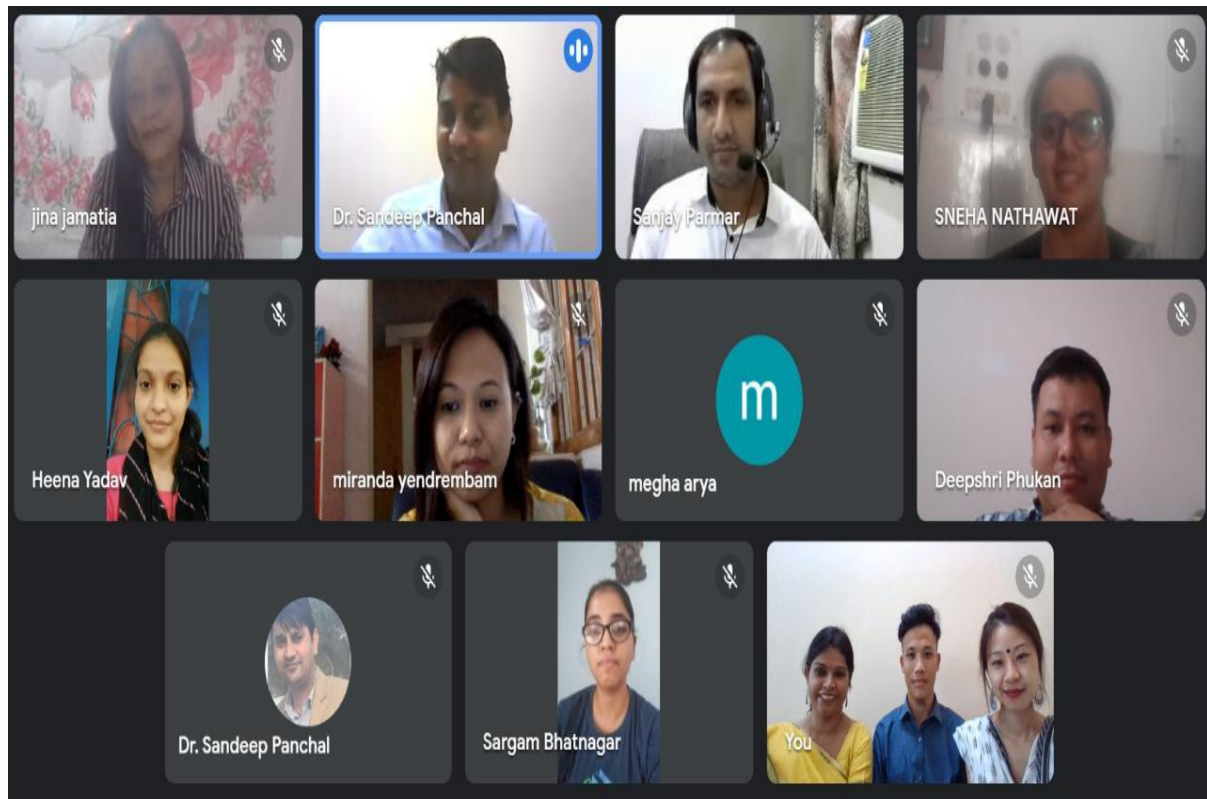
Theme- Personality, Family Environment in COVID-19

Chairperson: Dr. Sanjay Kumar, Dept of Applied Psychology, GJUS& T, Hisar

Moderator: Dr. Sandeep Panchal

There was total seven paper kept in the scheduled of technical session-9. The theme was based on Personality and Family environment in COVID-19. Session started by the Moderator, Dr. Sandeep Panchal (Assistant Professor, Psychology, RGU) to welcome the Chairperson Dr. Sanjay Kumar, Assistant Professor, Dept of Psychology, Guru Jambheshwar University of Science and Technology, Hisar, Haryana. There was seven presentation by different author and a health discussion was observed during the presentation. The deliberations highlighted the importance of healthy family environment in adverse times. Some papers were on personality traits in relation to coping with adversities. Participants

learn a lot during the discussion and the input of the chairperson as well as the moderator towards the topic. Session was ended with the vote of thanks by the Dr. Sandeep Panchal.



18th August, 2021: 10th Technical Session: Time 1.00pm- 3.00 pm

Sub theme: Hygeine, Culture And Society

Chairperson: Prof. Vokendro Singh, Dept. of Anthropology, RGU

Moderator: Dr. Dharmshwari Lourebam

The tenth technical session of the day was chaired by Prof. Vokendra Singh, Dept. of Anthropology, RGU on the **Sub theme Hygeine, Culture and Society**. In his deliberation he extensively highlighted how the Culture and Society play an important role in maintains Hygiene and how hygiene is affected by particular lifestyle of the person. The presenter also highlighted the significance of different aspect of hygiene culture and society at current time. There was healthy discussion after each presentation between the chairperson and the presenters in the technical session. Dr Dharmeshwari Lourebam (Head/Incharge Psychology, RGU) was the Moderator of this technical session, she also asked question to the authors and suggested the solution to the raised questions. The session was ended with vote of thanks by the Moderator.

2.4 Valedictory Session: (None)

Major Takeaways:

3.1. Academic context:

Due to the Covid-19 pandemic with many restrictive measures like social distancing, it is of utmost importance to maintain continuity in all aspects in order to rule out a standstill. The direct and indirect effects of Covid-19 have caused various detrimental effects on the mental health of all, irrespective of any differences. Hence, it is of utmost importance to know of the skills and plausible ways of adaptability to the pandemic and any other unprecedented crisis in future. In light of which, the national conference was conducted to especially target the challenges we are facing with special reference to exploring the best ways of adapting to the situation.

The key note speech and the invited lectures in the plenary session discussed of various factors to enhance our adaptability and ready us to combat the present negative effects of the crisis situation. Many academicians, professionals and research scholars also presented their researches to understand the impact of the present crisis on our emotional, psychological and physical well-being as well as various effective measures which may protect us from the direct and indirect effects of the pandemic. The 10 technical sessions were designed under different sub-themes to facilitate insightful deliberations to explore the underlying reason of the ill effects of the crisis and analyze productive protective adaptability skills.

The technical sessions were also created to accommodate the psychosocial and emotional needs of all at the time of Covid-19 crisis impacting the normalcy of our day to day activities, reduction in physical-social interactions, stress and confusion regarding the future and bring out effective adaptive skills and measures. Q&A sessions were held after every paper presentation where implications of the study and further scope of improvement was discussed between the chairperson of each technical session and the presenters. The positive comments and feedback from the presenters reflected the benefit of conduction of the national conference as it was a platform of learning for all the stakeholders involved.

- (i) A solution driven aspect with the significance of better mental health was highlighted.

- (ii) The presentations highlighted the importance of resilience, grit, psychological capital, self-esteem as some of the protective qualities for mental health at the time of crisis.
- (iii) The effectiveness of tele-counselling and other psychological therapeutic approaches for combating the ill effects of the pandemic have also been emphasized.
- (iv) Importance of the use of ICT in education and making the right use of it has emerged as an important area.

3.2. Research context:

Any uncertainty automatically instills fear or even phobia amongst the people and the associated uncertainty that is increasingly testing psychological resilience of the masses. The pandemic has generated a major jolt in all aspects around the globe. However, one needs to adapt to the new normal and start moving on with life.

Many activities ranging from education to business have started maintaining the required pandemic standard operating procedure. However, a huge change has to be made on all front as each and every one is struggling to adapt with the new normal. Hence, today, more than ever, it becomes crucial for us to solicit support, understanding and inculcating adaptive skills to move ahead in the ongoing times of Covid-19.

The national conference covered various significant contemporary issues prevailing ranging from mental health, resilience, coping, adaptive skills, etc. with regard to India. The findings offered a glimpse of what is brewing in the minds of hundreds of millions of people across India.

- (i) Guide researchers to plan prospective longitudinal studies for assessing the impact of the pandemic with psychological perspective.
- (ii) Researches on a wide range of areas from educational, psychological and social aspect of the current crisis were discussed and directions for future researches were deliberated.
- (iii) The impact of psychological and social factors on mental health and plausible effective therapeutic techniques and effectiveness of tele-counselling especially at this time of uncertainty were discussed.

- (iv) The relevance of addressing the various barriers imposed due to the on-going pandemic and its impact on the mental health of artisans, entrepreneurs and others also called attention.
- (v) Researches on facilitating positive engagement between the teacher and taught with special reference to the current online education system were highlighted.

3.3. Policy making and practice context:

It is no surprise of the insights on the direct, indirect and long-term consequences of the current crisis situation. Hence, we will need all able bodies to help the world with equipping the people with effective adaptive skills to combat the ill effects of lockdown and other restrictions during and post Covid-19, help the people recover in all factors namely health, education, livelihood and economy and be better prepared for any uncertainty in future. Amongst the stakeholders involved, the body that constitutes the most significant role to play is the government and the policy makers. Hence, the government must take remedial steps to help the citizens accommodate the new normal and ease the process of adapting to the new normal in an inclusive manner. The fear due to the contraction of COVID -19 is evident to all because of the death tolls and global spread however we must adapt ourselves with the new normal and should not stand still. Hence, this national conference attempted to find the importance of various ways of adapting and ways of increasing adaptability in the current times through deliberations of a wide range of researches from all the parts of India. The insights through the deliberations can potentially help policy makers in formulating comprehensive interventions as a future roadmap designed for a crisis situation like this.

- (i) Need for more easy access to mental health care system including tele-counselling which can help the public in dealing with the immediate as well as long term psychological effects of the ongoing pandemic.
- (ii) Investment on mental health care system to make it efficient to cater a wider population which will bring positive changes and ready the public to resume to all the systems during the crisis as well as after the pandemic.
- (iii) Policies and training programs must be made more accessible especially for rural areas and lower socio economic strata who are the most severely effected group in this pandemic.
- (iv) More schemes and investments in ICT will positively influence the quality of education system.

PART 4. APPENDICES & ANNEXURE

4.1 Programme Schedule

The programme schedule is as mentioned below:

PROGRAMME SCHEDULE Inauguration Programme	
10:30- 10:35 am	Welcome address by Dr. Dharmeshawri Lourebam, Head, Department of Psychology, Rajiv Gandhi University
10:35-10:40 am	Speech by Prof. Tana Showren, Dean, Faculty of Social Sciences, Rajiv Gandhi University
10:40– 10:45 am	Speech by Dr. N. T. Rikam, Registrar, Rajiv Gandhi University
10:45– 10:50 am	Speech by Prof. Amitava Mitra, Pro Vice Chancellor, Rajiv Gandhi University
10:50-11:00 am	Speech by Chief Guest: Prof. Saket Kushwaha, Honourable Vice Chancellor, Rajiv Gandhi University
11:00-11:30am	Keynote Speech by Prof. Meena Hariharan, Professor and Founder Director, The Centre for Health Psychology, University of Hyderabad.
11:30– 11:35 am	Vote of Thanks by Dr. Kakali Goswami, Assistant Professor, Dept. of Psychology, RGU
11:35-11:45pm	BREAK
PLENARY SESSION	
11:45- 12:30 pm	<u>Technical Session 1 by</u> Prof. Nutankumar Thingujam, Head, Department of Psychology, Tripura University.
12:30 -1:15pm	<u>Technical Session 2 by</u> Prof. Mohammad Ghazi Shahnawaz Department of Psychology, Jamia Millia Islamia, New Delhi
1:15-2:00pm	<u>LUNCH BREAK</u>
2:00-2:45pm	<u>Technical Session 3 by</u> Prof. Sherwin May Sungoh, Department of Education, North-Eastern Hill University (NEHU).
2:45-3:30pm	<u>Technical Session 4 by</u> Dr. Kottu Shekhar, Regional Director, Rajiv Gandhi National Institute of Youth Development, Ministry of Youth Affairs and Sports, GoI.

Annexure 2: List of Participants

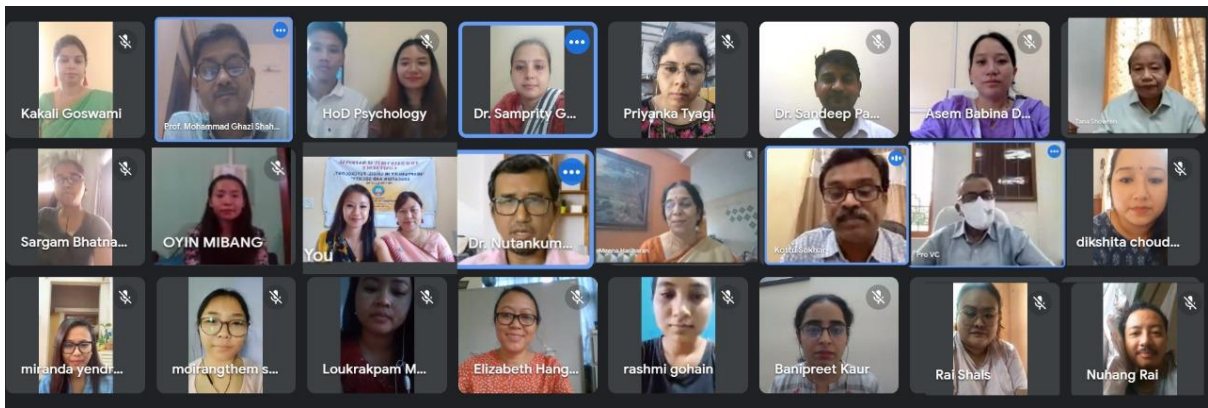
Serial No	Name of the authors	Title
AIC01	Asem Babina Devi	Mental Health of Parents and Children in the time of Covid-19 Pandemic
AIC02	Dipak Sharma & Dr. Sailajananda Saikia	A Comparative Study on Educational Attainment by Generation, Gender, and Geography: Evidence from Students of Higher Education Institutions
AIC03	Satvinder Singh Saini & Nov Rattan Sharma	Tele-psychotherapeutic Management of Insomnia: A Critical Review
AIC04	Neethu sara joseph	Student's perception of remote teacher learning amidst lockdown
AIC05	Dr. Ritu Agarwal	The Impact, Goals and Importance of ICT in Education
AIC06	Ms. Tobi Lollen	Relevance of customary practices and galo tribe of arunachal pradesh, india
AIC07	Dr. Asha Sarma & DR Bijoy Das	Effect of covid-19 pandemic on student mental health
AIC08	Bikash Mepo	The Importance of Motivation in ESL Classroom: A Study in Thirty Two Primary Schools in Lower Dibang Valley District of Arunachal Pradesh
AIC09	Dr. Himanshu Rastogi	Indian education system transforming through digitalization–an analysis
AIC10	Dr. Ajay Kumar Swain	Effect of Direct Method and Grammar Translation Method of Teaching English at Secondary Level
AIC11	Divita Yadav & Samridhi Ahuja	Online Education and its Impact on Well-being of the Youth
AIC12	Dr. Nimish Gupta	Corporate social responsibility : an analysis of opportunities and challenges in Indian scenario
AIC13	Sukanya Chakravarty	Articulating Ayurvedic benevolence and mythical science in the 'altered' narratives of Amish Tripathi's Shiva Trilogy
AIC14	Rashmi Rekha Gohain & Dr. Sampreety Gogoi	Academic Procrastination in Online Learning among Students
AIC15	Unmana Dutta & Dr. Anu Teotia	Happiness, Personal Control & Resilience among Acid Attack victims during COVID-19
AIC16	Anvar Ibrahim A P	Cognitive Behavioural Therapy for Person with Chronic Kidney Disease with Depression: A Clinical Case Study
AIC17	Ansar kodasseri	Online Parent Management Training for oppositional defiant disorder: A case report
AIC18	Dr. Vikramjit Singh	Emerging Dynamics of Use and Misuse of ICT in the Current World Scenario
AIC19	Sushmita Borah & Dr. Sampreety Gogoi	Teachers in online education and children with special needs (CWSN) - Bridging the gap
AIC20	Usha Moral Bamon	Of bandwidths and access points – Situating Student's learning experience in Online Education.
AIC21	Sweta Rai, Dr Himanshu Rastogi	Increasing self sufficiency in hotels through waste management
AIC22	Anjali Singh & Dr. Sudha Rathore, Dr. Roopa Mathur	Role of PERMA Model of Well-Being in Maintaining 14 Dynamics of Healthy Relationships: A Conceptual Framework
AIC23	Dr Chirmi Acharya & Aishwarya Poddar	Gratitude and Emotions: A Study on College Students during Covid-19 Pandemic

AIC24	Sheetal Yadav & S.K. Srivastava	A study of self - esteem and adjustment among students
AIC25	Ms Aayushi Saxena & Ms Urvashi Dutta	Job Burnout in Educators of Indian Higher Educational Institutes
AIC26	Tanzuma Zaman ,Janet Ngailianniang & Dr Nida Nafees	Hope, resilience and well-being among recovered Covid-19 patients in assam
AIC27	Elizabeth Mize , DR.Tayum Saroh	Challenges and Prospect of higher education in Arunachal Pradesh with special reference to Rashtriya Uchcharat Shiksha Abhiyan(RUSA)
AIC28	Kalpana Sharma & S.K Srivastava	Body Image and Psychological Distress in women with Polycystic Ovary Syndrome
AIC29	Sneha Mittal, Amit, Sanjay Kumar	Resilience and Stress Management among School Teachers and Children
AIC30	Dr Matrika Singh	Social interest and its psychological correlates in school going adolescents
AIC31	Mr.Samarth Pande	Entrepreneurship Education In India and Institutional Support – Current Status, Issues & Challenges
AIC32	Monika Sharma & Dr. Sumin Prakash	Effect of online learning on communication between teacher and student during COVID-19 pandemic
AIC33	Varsha Patnaik	A Comparative Study on the Mental Health of School Going Boys and Girls of Papumpare District of Arunachal Pradesh
AIC34	Dr.Nisanth.P.M	21st Century Skills: Human Vs Machine
AIC35	Rudrani Raj, Dikshita Choudhury , Jahnabi Mitra	A study on the fear of Covid-19 and its association with life satisfaction among young adults.
AIC36	Dikshita Choudhury, Dr. Manidipa Baruah	Internet Addiction and its consequences on Life Satisfaction and Self – Esteem among adolescents
AIC37	Dr. Ruchi Joshi & Mr. Abhilash Kasi	A comparative study of Post -Partum Depression and its impact on well being of Mother in Pre and Post Pandemic
AIC38	Kanchan & Dr. Ruchi Joshi	The association between living arrangement, family type and initiation of opioid abuse among college students
AIC39	Aishwarya Nathawat & Dr. SudhaRathore	Exploring Well-Being in Perceived Partner Responsiveness: A Conceptual Framework
AIC40	Sneha Sharma & Dr.Megha Arya	Dismantling body over being: a meta analysis of positive body image in fostering mental health
AIC41	Omini Ering & Jayadeba Sahoo	A Comparative study on Emotional Intelligence among post graduate students in Papum-pare district of Arunachal Pradesh
AIC42	Preeti P. Masih	To study the effect of dance therapy on well being
AIC43	Siddharth Garg, Nikita Khatri & Ishrat Pabla	Internet Addiction and Psychopathology among Indian Adolescents: A Random Effects Meta-Analysis
AIC44	Dr. Nilesh Thakre	The organizational climate, psychological well-being and turnover intentions among employees
AIC45	Jina Jamatia & Prof. Nutankumar S. Thingujam	Relationship satisfaction and personality among unmarried couple during the COVID-19 pandemic
AIC46	Archana Potsangbam & Dr. Keisham Shitaljit Singh	Students' Attitude towards Computer Assisted Instruction(CAI) and Its Importance
AIC47	Leeyir Ete & Dr. Dharmeshwari Lourembam	The mediating effect of family in dealing with the covid 19 crisis

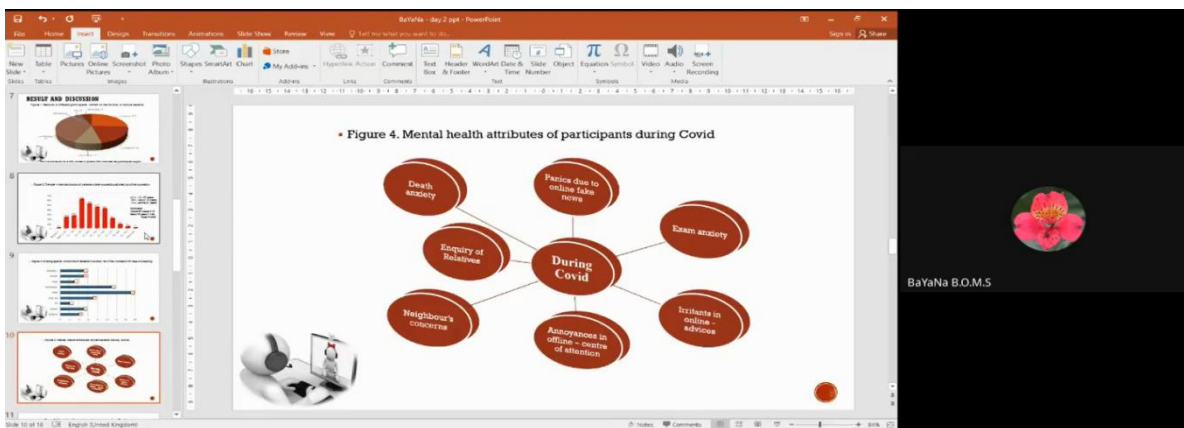
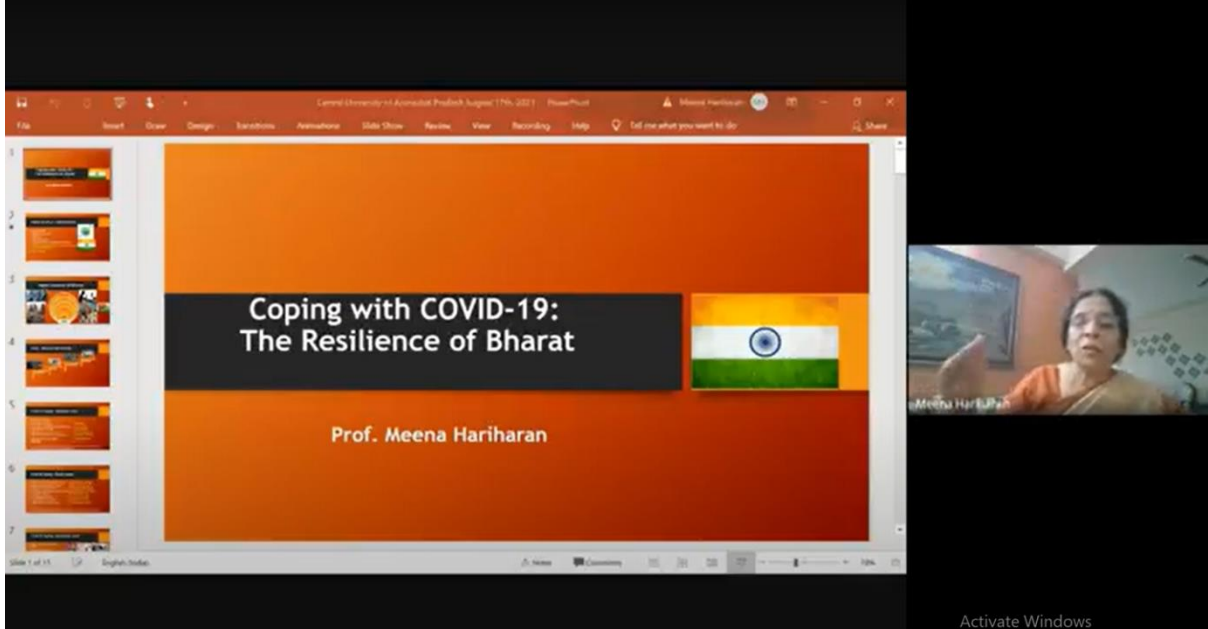
AIC48	Yuma Narah* & Dr. Dharmeshwari Lourembam	Covid-19 related factors of burnout: A Study of Healthcare Professionals of Arunachal Pradesh
AIC49	Dr. Sandeep* & Dr. Hardeep Lal Joshi	Predictors of Suicidal Ideation among Married Female Professionals
AIC50	Tadar Amar & Dr. Kakali Goswami	Impact of Covid 19 Pandemic on Spiritual Well-being among the youth of Arunachal Pradesh
AIC51	Ms.Jomyir Bagra & Dr. Kakali Goswami	Mental health status and sleeping pattern of the youth of Arunachal Pradesh during Covid-19 pandemic
AIC52	Pranaya Rai & Dharmeshwari Lourembam	Impact of perception of physical self on self-esteem during Covid-19 pandemic in Arunachal Pradesh
AIC53	Sejal Mertia & Sudha Rathore	Self Acceptance among Working Women and Homemaker
AIC54	Dr. Anjali Shokeen & Ms. Priyanka Tyagi	Counseling in crisis: A study of different modes of Counseling services
AIC55	Miranda Yendrembam & Dr. Arundhati Devi Maibam	Personality of Adolescents with Substance Use Disorder in Manipur
AIC56	Pema Droma	Power play and its impact on society
AIC57	Shalini Khangarot & Dr. Sudha Rathore	Autonomy and Flow on Well being of Artists' during Covid 19 : A Conceptual Framework
AIC58	Deblina Talukdar & Jayante Mete	A Study of Mental Health on Undergraduate Students during Pandemic Period in West Bengal
AIC59	Pantiguilu Gonmei & Dr.Keisham Shitaljit Singh	Educational status of rongmei naga tribe women in manipur
AIC60	Dr. Sneha Nathawat and Suprabha Sharma	Realtionship of big five personality traits with attitude towards homosexuality: a study on emergiing adults
AIC61	Bayana Beevi O. M. S & Sukanya B. Menon	Realtionship of big five personality traits with attitude towards homosexuality: a study on emergiing adults
AIC62	Bhoomika Kabra & Roopa Mathur	Conceptions of Happiness in relation with Mindfulness: A study on Emerging Adults
AIC63	Shalinta Rai & Nutankumar S. Thingujam	Forgiveness and spirituality among the late adolescent Hindus in Sikkim
AIC64	Prof.(Dr.)GayatreeGoswame & JyotismaMahanta	Effect of Education on changing attitude towards Inter caste marriage in rural Assam With special reference to SATRAS of Assam
AIC65	Shaheen Rahman	Virtual learning environment: a vital educational tool of the digitalized world
AIC66	Mr. Deepshri Phukan & Dr. Rita Rani Talukdar	Subjective experience of cognitive functioning of an individual with a depressive episode
AIC67	Banipreet Kaur & Dr. Anjali Shokeen	Learning Management System (LMS): A Future-Path for Indian Education
AIC68	Heena Yada & Dr. Monica Sharma	Changing role of father's in the new millenium
AIC69	Sayantika Sen	Rising Significance of Professional Mental Health Assistance to Deal with Mourning, Loss and Grief Amid COVID 19 Pandemic
AIC70	Sukanya Roychoudhury	Resilience and coping strategies during covid-19 among undergraduate students
AIC71	Pragya Gaba & Vandana Nanglu	Grit, Flow and Self Actualization: A Comparative Study on Classical Dancers and Non-Dancers
AIC72	Chow Ananda Chiring & Dr. B Komow	Overview of Education during COVID-19 in the District of Namsai, Arunachal Pradesh
AIC73	Rimjhim Sharma	Effectiveness of Yoga on Mental Health of Students
AIC74	Oyin Mibang	Mental Health and Coping Strategies among Health professionals during the COVID 19 pandemic

AIC75	Lavaniya Singh & Vandana Nanglu	Effectiveness of Gratitude Intervention on Concomitants of Well Being in Adolescents
AIC76	Prof. Jagat Swargiary & Tashnim Ferdous	Changing dynamics in ict education
AIC77	Lavaniya Singh & Vandana Nanglu	Effectiveness of Gratitude Intervention on Concomitants of Well Being in Adolescents
AIC78	Poonam Devi & Sanjay Kumar	Impact of Infertility on Psychological Well-Being and Marital Life in Infertile Women
AIC79	Martina Loukrakpam	Social anxiety among the handicrafts artisans of Manipur
AIC80	Sarita Rani & Taruna	Savoring in Enhancing Psychological Well-Being: A Review
AIC81	Anjani Ajay Singh Shekhawat & Dr. Mridula Sharma	Friendship quality and mindfulness as a predictor of subjective vitality in emerging adults
AIC82	Dr. Susmita Roy Choudhury Deka & Dr. Queen Deka	Psychological well-being as predictors of academic achievement among tribal adolescents
AIC83	Manash Protim Neog	Mental Health and ways of Developing Good Mental Health
AIC84	Nani Umie	Defining hygiene in Apatani society
AIC85	Moirangthem Nandibala Chanu	Status of Women in the 21 st Century
AIC86	Mercy Lamneichong Lhungdim	Students' attitude towards the impact of COVID-19 on Education Manipur
AIC87	Patil Sandip Diliprao	Review of learning style instruments based on learning style models
AIC88	G.Yuvarani & Dr.P.Ganesan	A study on social responsibility among eleventh standard Students and their impact on their academic achievement in coimbatore district
AIC89	Soma Biswas Tarafdar & Dr. Jayanta Mete	Adaptation in education sector during crisis for sustainable development
AIC90	Procheta Mahanta & Naved Iqbal	Resilience, Personality and Behavioral Problems in Minority (Muslim) Students
AIC91	Gaurav Sharma* and Taruna	Psychological Well-Being and Happiness in Adolescents and Early Adults: A Review
AIC92	Wangjo Bosai	NEP 2020 and the use of Ed Tech in teaching-learning during the pandemic
AIC93	Ms. Chaphiak Lowang	Depression, Anxiety and Stress among Social Work Students of Central University in Arunachal Pradesh
AIC94	Dr. Kanak Sharma	A study of attitude of teacher trainees towards open book examination
AIC95	Dr. Mridula Sharma, Ayushi Jain & Meetali Goyal	Fantasy proneness and absorption among theatre actor and non-actor population
AIC96	Sargam Bhatnagar & Dr. Megha Arya	Family climate and negative cognition: contributors leading to loneliness
AIC97	Mahuya Deb	Work from Home: Stress among the Teachers for COVID 19 pandemic
AIC98	Emmanuelle Vanlalruatzeli & Procheta Mahanta	A comparative study on the sexual attitude of mizo and khasi youth

Annexure 3: Photograph



Inaugural Programme & Plenary Session for 2 Day National Conference on Adaptability in Crisis: Psyc (2021-08-16 at...



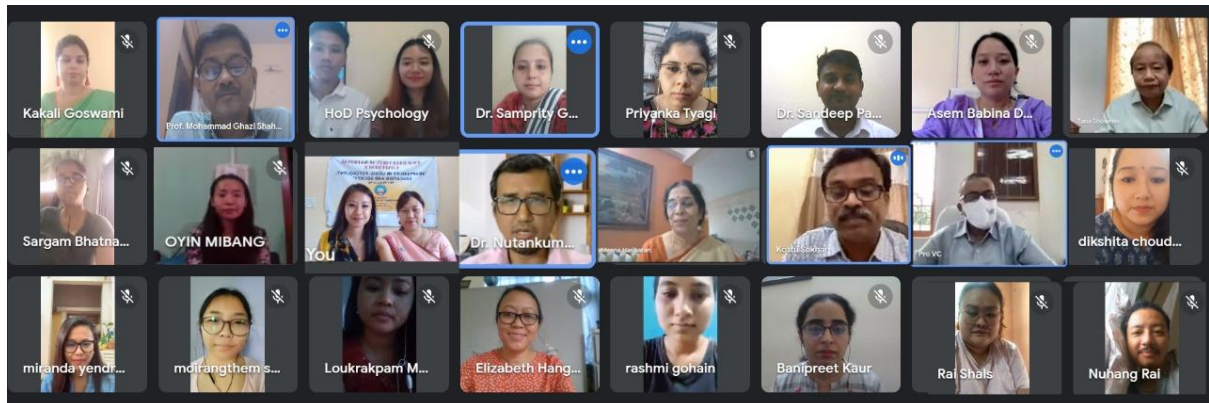
Annexure 4: Media Coverage

The Conference was well covered in local daily newspapers of the state.

Following are the links of the media coverage:

RGU organises National e-Conference on 'adaptability in crisis: psychology, education and society'

<https://arunachal24.in/?p=60156>



RGU conducts national e-conference on adaptability in crisis

<https://arunachaltimes.in/index.php/2021/08/19/rgu-conducts-national-e-conference-on-adaptability-in-crisis/>