

REPORT
TWO DAY NATIONAL WEBINAR

On

***“Promoting Mental Health during COVID-19
Crisis”***

On
2nd & 3rd June, 2020



Organized by:

Department of Psychology
Rajiv Gandhi University (A Central University),
Rono Hills, Doimukh – 791112
Arunachal Pradesh, India

In collaboration with

Department of Education
Rajiv Gandhi University (A Central University),
Rono Hills, Doimukh – 791112
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ACKNOWLEDGEMENT

I express with innermost regard and sincerity, the sense of gratitude to our honourable Vice Chancellor, R.G.U, Prof. Saket Kushwaha for his constant guidance and support. I owe him Thanks for the way he has always encouraged me.

Most of all, I express my deep sense of gratitude to the Co-ordinator and Head, Dept. of Education, Rajiv Gandhi University, Prof. Kesang Degi, who always boosted my morale and has been a guide who helped me through thick and thin. I am indebted to you for your guidance.

I also extend my gratitude to Dr. K P Singh, Head ,Dept. Social Work and his colleague, for their time and cooperation, without which the event wouldn't have been made possible.

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

Dr. KAKALI GOSWAMI

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 two 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.

1.2 Sponsoring Agency

The Program was sponsored by the Rajiv Gandhi University.

1.3 Background

The declaration of the new Corona virus disease by the WHO as a pandemic, has taken the world by

storm. The consequential uncertainty and sudden lifestyle changes have created waves of confusion, anxiety and psychological distress across the globe. Besides taking precautionary measures for optimum physical health, emphasis on mental well being is also crucial for building good physical immunity, resilience and promoting a healthy mind and body functioning. In this consideration, the webinar is organized to address the various mental health issues and challenges one might be facing. The period of lockdown can be considered as one of the largest natural psychological experiment on peoples' mental health, with a great probability of mental health issues to be on the rise, during and after the lockdown phase. Therefore, there is a dire need to assess the challenges in the mental health scenario, create awareness and provide help to those in need to better equip one with techniques and tips for building both physical and psychological resilience for the ongoing crisis.

1.4 Objectives

- ❖ Assess the psychological impact of the pandemic;
- ❖ Explore avenues to extend support to the mentally vulnerable affected by the pandemic;
- ❖ Promote and enhance emotional wellbeing during and after the COVID 19 crisis;
- ❖ Provide techniques to manage stress and boost motivation; and
- ❖ Discuss and highlight tips to build psychological resilience.

1.5 Programme Outcomes

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

- Obtain a cognizance of the issues and challenges in the current scenario of mental health;
- Provide an understanding of the underlying mechanisms of the various psychological issues, as well as discuss healthy management techniques;
- Incorporate resilience and motivation via positive coping behaviour in times of crisis; and
- Create balance between physical and mental health for holistic well being.

1.6 Theme:

The Webinar has organized to discuss on theme ‘ Promoting mental health during COVID-19 crisis’.

1.7 Resource Persons:

❖ **Dr. Rita Rani Talukdar,**

Associate Professor,
Department of Psychology,
Gauhati University, Assam.

❖ **Professor C. Lalfamkima Varte,**

Professor,
Department of Psychology,
Mizoram University, Mizoram

❖ **Dr. Nesmita Das,**

Student Counsellor,
Centre for Holistic Well-being,
IIT Guwahati, Assam

❖ **Ms. Pampak Khumukcham,**

Clinical Psychologist & Assistant Professor,
RIMS, Manipur.

❖ **Ms. Sampreeti Das,**

Certified Psychological Counsellor and Assistant Professor,

Department of Psychology,

Assam Don Bosco University,

Guwahati, Assam.

1.8 Target Group

This webinar is open for all the stakeholders who have the keen interest in promoting mental health particularly students, research scholars, faculty members, and health professionals etc.

1.9 Proposed Date of the Webinar

The proposed National Webinar will commence from 2nd June to 3rd June, 2020.

1.10 Estimated Budget

The estimated budget of the programme is Rs. 10,000/- which includes honorarium to the Resource Persons and other Miscellaneous Expenses.

1.11 Mode of Operation:

The program was conducted online platform called ‘Google meet’

PART 2: SESSION WISE DELIBERATION

2.1 Inaugural Session:

A two-day national webinar on ‘Promoting mental health during Covid-19 crisis’, organized

jointly by the Department of Psychology and the Department of Education, Rajiv Gandhi University (RGU), began on the 2nd of June, 2020. Miss Leeyir Ete, Co-convenor of the programme served as the master of the inaugural ceremony, and a total of 250 participants from 20 states of the country attended the event which took place through Google Meet. Prof. Kesang Degi, Head, Department of Education, gave the welcome address and stressed on the importance of maintaining good physical and mental health “even in the time of crisis, as a necessary prerequisite for wellbeing.” Thereafter, Dr. Kakali Goswami, Convenor and Assistant Professor, Department of Psychology provided a brief about the programme.

Prof. Tomo Riba, Registrar, RGU spoke about the “inherent adaptive nature of human beings” and suggested adapting to the change- highlighting the inherent ability within each one of us to rapidly adapt to a new environment and cope with new challenges.

Prof. Amitava Mitra, Pro-VC, RGU, highlighted some precautionary measures to be taken to ensure optimum physical health, and emphasized on how mental wellbeing is crucial for building good physical immunity, resilience and promoting a healthy mind and body.

Addressing the inaugural function, RGU Vice Chancellor, Prof Saket Kushwaha in a recorded message stressed on “addressing the prominent crises faced by the general public and students in particular due to the ongoing pandemic.”

He defined crisis management as an art that motivates people to work, and also emphasized on “preparing contingent plans to face new changes as an opportunity and to take advantage of the new technologies for being well-informed and well-connected with one another.”

Dr. Kaushalendra Pratap Singh, Head (in-charge) department of Psychology, gave the vote of thanks and extended gratefulness for the support and encouragement from all the esteemed dignitaries, respected resource persons and the learned participants to have made the two- day national webinar possible and wished everyone a happy learning experience.

2.2 Plenary session: No

2.3 Technical Sessions:

Day 1 (2nd June,2020): 1st Technical Session:

Speaker: Dr. Rita Rani Talukdar, Associate Prof., Department of Psychology, Gauhati University, Assam.

Topic: Emotional Wellbeing During and After the Covid-19 Pandemic.

Dr. Rita Rani Talukdar initiated the session with an acknowledgement of the various emotions being portrayed by everyone in the midst of the global pandemic and how it can be quite overwhelming with a mix of fear, panic and anxiety. How its normal emotions however, regulation of which, with proper addressal is what does become important as the negative emotions tend to take a toll otherwise. With factual evidence based information and statistics as the backdrop, she further highlighted on the significance of Emotional Wellbeing, drawing a parallel with decreased emotional wellbeing to mental health problems, which in turn contributes to physical health concerns. And how on the contrary, an enhanced emotional wellbeing contributes to increasing coping ability, self-esteem, performance and productivity at work and even a longer, healthier lifespan.

She emphasised on the rational to focus on the things in one's control and further laid out simple, yet significant solutions to inculcate in one's daily life to promote an overall wellbeing. She further educated the participants with specific Covid-19 related terminologies and correlated it from a psychological perspective.

The session opened a platform for self reflection and validation of one's emotions. Dr.Ritarani further drew a solution focused approach and imparted practical tips as well. Psychoeducation was imparted and the participants were made more aware of how to handle the different feelings and be better prepared to especially tackle the negative emotions and not indulge in chemical substances as a coping mechanism. She stressed upon the necessity of maintaining basic hygiene, essential for ruling out any negative consequences. The overall health benefits facilitated by spending quality time with family, giving oneself the required time for self care, the importance of a healthy diet and sleeping pattern, exercises for physical and mental health, the significance of maintaining a daily schedule were all highlighted and articulately connected with explanations. The importance of being mindful was also talked about with inculcation of deep breathing exercises, journaling and practising gratitude as a simple yet significant tool for not only creation of a healthy being but also better preparing us to tackle any crisis situation in the future. She finally concluded with an admirable lesson of witnessing survival from the pandemic as a great achievement, investing the time in the required relaxation and rejuvenation and accommodating the new normal rather than blatantly competing with people around over numerous certifications and achievements leading to unnecessary suffocation.

Day 2 (2nd June,2020): 1st Technical Session:

Speaker: Dr. Nesmita Das, Student Counsellor, Centre for Holistic Wellbeing, IIT Guwahati, Assam .

Topic: Building Resilience Amongst Students Seeking Help Beyond Self Care.

The next technical session which followed was addressed by Dr. Nesmita Das, who explained the significance of resilience and yet, when few of us cannot bounce back with the challenging situations in life, how professional help seeking behaviour can aid to a greater degree wherein a positive support system promotes the process. She further addressed specific student centred stressors revolving around Covid-19 ranging from academic related to the uncertainties, inability to socialize to the relationship issues and disruptions caused. Concerns pertaining to Research were also discussed along with the associated mental health risks which can be handled using self-care strategy, brief assessment and immediate support. Precise signs and symptoms of a psychological distress were demonstrated along with some major barriers to help seeking behaviour. She also debunked the myths associated with help seeking bringing forth the much required clarity for all. The participants were better informed with how Counseling caters to the requirements of the clients with different professionals assisting as per the subjective needs of the clients. The principles of counselling were also made understood so that all non-psychology participants too could benefit from it with emphasis on non-judgemental stance, insight development, rapport building, confidentiality and unconditional positive regard. The most important and basic differences between psychiatrists and psychologists were also told bringing in the clarity. The session was wrapped on a positive note explaining how existence of a sound mental health is key and counselling is more than a treatment, it being a healthy lifestyle choice, with significance of tele-counseling to provide assistance during the crisis situation.

(3rd June, 2020) Day 2: 1st Technical Session:

Speaker: Ms. Sampreeti Das, Psychology Counselor & Asst. Prof. Dept. of Psychology, Assam Don Bosco University

Topic: Understanding Boredom and Motivation

Ms. Sampreeti Das initiated the session by underlining the importance of boredom as a significant phenomenon in understanding the cognitive ability at how cognition happens in human being. She further conceptualized boredom to be a Meta emotion (an emotion about an emotion) and added boredom as an inseparable and non-negligible emotion from our

current life. Then she addressed on the concept of boredom and noted it to be a state of unpleasantness and lack of optimum stimulation. Furthermore, she talked about reasons for why boredom occur and pointed that one can feel quite underwhelmed when one is going through the phase of boredom. She stressed on the importance of having a purpose which can initiate intrinsic motivation and the need for self stimulation in dealing with boredom.

Next the session speculated on reasons for boredom prevailing in the current situation which included lifestyle that discarded experimentation and turned towards spoon feeding, further stating that we are so used to environmental stimuli to ease our boredom that we have forgotten we can be our own stimulator in facilitating ourself to be productive.

Ms. Das suggested a technique called ‘no person name challenge’ in understanding oneself to be self aware and finding one’s purpose. The test consists of incomplete sentence that one has to fill it up. Each of the sentences helps one to discover or understand something about oneself, progressively taking one from ‘I am’ to ‘hence now I am’.

The session discussed about various techniques in dealing with boredom in this pandemic which included storming oneself to come up with a purpose. Maintaining a quarantine diary and recording everyday activity was also suggested in finding one’s purpose. Another way is by indulging in creative emotional expression and peer support.

Ms. Das also addressed the challenge faced by many parents in managing their children in the present lockdowns. She recommended several solutions to tackle with this challenge. Some of the suggestions were involving children in certain family decisions, letting them have their own space at a particular period of the day for their self growth and development, giving them a role to supervise in maintaining hygiene and respecting them as adults.

On a positive note, Ms. Das expressed boredom to be necessary and good emotion because after an episode of boredom one becomes creative, purposeful and productive. Then she highlighted techniques to enhance one’s motivation and some of them included setting up realistic to-do list, rewarding oneself when the task is complete, pre arranging work desk, mindfulness, being expressive etc.

In conclusion Ms. Das shared a video called ‘pass the pen challenge’ that showcase various ways that we can tackle the challenges we are facing in this current pandemic.

The session ended with Q & A from the participants to the resource person.

(3rd June,2020) Day 2: 2nd Technical Session:

Speaker: Prof. Lalfamkima Varte, Dept. of Psychology, Mizoram University

Topic: Supporting the mentally Vulnerable during Covid-19

The session began by **Prof. Lalfamkima Varte** briefly appreciating the untiring efforts of the front liners and the govt. in facing the Challenges of Covid-19. Then he discussed about specific coping patterns that are observable such as task oriented coping pattern employed at govt. level, religious level, cultural and community level. He compared covid-19 with other similar events such as Ebola and AIDS and stated that despite the pandemic posing a threat, one should learn to accept the crisis and live with it along with taking precautionary measures and be updated with information..

Next, the session proceeded to discuss on different categories of vulnerable groups and it included children, adolescent and college students, older adults, quarantined and isolated ones, individuals with pre-existing physical and mental health conditions, frontline workers and active covid patients. The session highlighted on the types of crisis each group face mentally and physically due to covid-19 pandemic. It also focused on tips and solutions for each class of vulnerable that one can practice in dealing with the pertaining crisis.

Prof Varte underline on the importance of social health and communication with the loved ones and added that despite the need of social distancing one have to be socially connected. He also emphasized on proper system of counselling for all categories of vulnerable and early identification of physical and mental health conditions. He stressed on having a ready access to not just medical personal and the government but also to the social helpline numbers, psychiatrist, psychologist, psychiatric social workers and community in response. He also strongly emphasized on careful planning and integration of basic mental health services with the out patients primary care system. He emphasized on the importance of taking care of the recovered patients from covid-19 and the help we can provide in restoring their emotional status. Then he highlighted WHO work plan for civil society, for govt. and for academic institutions.

In conclusion, Prof. Varte suggested everyone to be prepared to handle the challenges of the pandemic at individual and group level and to generate positive environment for overall wellbeing.

The session ended with Q & A from the participants to the resource person.

(3rd June,2020) Day 2: 3rd Technical Session:

Speaker: Pampak Khumukcham, Clinical Psychologist & Assistant Professor, RIMS, Imphal, Manipur

Topic: Stress Management

The last session, was on the topic “Stress Management”, where Miss Pampak Khumukcham made the participants aware of the importance of Eustress to boost productivity and taking measures to avoid Distress. At the same time she explained how at times the stress is a direct result of perceived negative evaluations of the situation and not the reality itself. So she cautioned all to listen to one’s stress responses in terms of bodily discomfort, cognitive components, attitudinal reactions, emotions or social conflicts, and tackle them with care and awareness. Common responses to Covid-19 and the various effects of it were also addressed. The relevance of incorporation of a problem-focused as well as emotion-focused coping were also established. Differentiation of faulty methods for stress reduction from a healthy one was also explained with precision, binding it in coherence. Participants’ key takeaways can be described as them being aware with the matured handling of an stressful event in future which can be accelerated with lifestyle changes, appropriate time management, reaching out and seeking professional mental health support with personal efforts of being assertive, working on anger management, identification of one’s own strengths and its appropriate usage and developing an advanced approach.

2.4 Valedictory Session:

The valedictory session was witnessed by 100 delegates, resource persons and esteemed dignitaries and was hosted by Miss Leeyir Ete, Co-convenor of the webinar, who acted as the master of the ceremony. The welcome address was delivered by Dr. Kaushalendra Pratap Singh, Head (in charge) Department of Psychology, RGU. Pointing out that mental health is a largely ignored area globally in general and India in particular, he said that as a result the young generation- especially the youth- are increasingly facing the brunt of acute psychological and emotional crises like anxiety, stress and depression. He referred to the Lancet Commission report that refers to suicide as the second leading cause of death among youth in our country and said that it is a matter of concern. He called upon the academia as well as the mental health professionals to tackle this issue on a priority basis. Miss Yuma Narah, Co-convenor of the programme provided a brief report of the webinar of the technical sessions that took place over the two day span.

A brief experience sharing session from participants hailing from various corners of the country was also held, where in they highlighted and commended the relevance and importance of prioritizing mental health during the ongoing pandemic. Thereafter, Prof. Tomo Riba, Registrar, RGU highlighted the importance of maintaining our basic needs of proper food and sleep for an overall well being. Prof. J. Sahoo, former Dean, Faculty of Education, RGU, pointed out that there is a three-fold increase in the cases of stress and anxiety during COVID-19. He called upon the participants for inculcating positive thoughts. He shares 10 tips on how one should develop constructive thoughts and transform these into deeds, stating that thoughts have constructive capacity and are strong enough to constitute health and happiness for all. Such positive affirmations should be the recurring mantras in our minds before going to bed and immediately after getting up each morning to generate positive aura and vibrations from mental health irrespective of age and occupations, he added. The vote of Thanks was delivered by Dr. Kakali Goswami who thanked all the esteemed dignitaries, honourable resource persons, participants and the organizing committee for having made the webinar a fruitful outcome.

Major takeaways:

3.1. Academic context:

In the present time caused by the global pandemic, with social distancing measures being cautioned by all, it is of utmost importance to maintain continuity in all other aspects especially with regard to academics in order to rule out the same reaching a standstill. In lieu of which, the Two Day National Webinar was conducted by the Department of Psychology wherein the majority of the participants comprised from the student community.

The technical sessions designed by the resource persons in collaboration with the department were created to facilitate the overall wellbeing with regard to building resilience, regulation of emotions, stress management, understanding boredom, generating motivation and creating strong support system in the community.

The sessions were also created to accommodate the psychosocial emotional needs of all but with specific focus on the students, given the uncertainty surrounded by Covid-19, impacting the normalcy of face-to-face classes, reduction in physical-social interactions, exam induced stress and confusion regarding the future. The doubts and concerns associated were tackled by the resource persons via the PowerPoint presentations as well as Q&A sessions.

- (i) A solution driven aspect with the significance of a more student focused approach was highlighted.
- (ii) The students better understood the scientifically proven ways to cope with eustress and regulate the same to generate maximum productivity with development of healthy coping mechanism to tackle any uncertainty in the future.
- (iii) The teaching faculty acknowledged the practical ways to incorporate technology in the new normal and be conscious of the psychological and emotional stability of not only themselves and their family but their students as well.
- (iv) Recognize, regulate and incorporate a multidisciplinary approach in the future for all round development of students with specific regard to Psychology.
- (v) Leveraging coaching and support system for the entire educational fraternity.

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. When the global focus has mostly been on testing, finding a cure and preventing transmission; people are going through a myriad of psychological problems in adjusting to the current lifestyles and fear of the disease. Since there is a severe dearth of researches on this issue, conducting online surveys, webinars, discussions to evaluate its psychological impact becomes the rationale.

In treating the COVID-19 pandemic, the world is scrambling to build strong base of Covid warriors and a more informed society to treat those infected with the deadly, highly contagious virus and exercise more caution. The webinar covered various significant contemporary issues prevailing due to Covid-19 and the distress caused by Lockdown. The findings offered a glimpse of what is brewing in hundreds of millions of households around the world and the negative consequences of it.

- (i) Guide researchers to plan prospective longitudinal studies for assessing treatment need.
- (ii) Secondary epidemic of burnouts and stress-related absenteeism in the latter half of 2020 were discussed and the participants were also briefed.

- (iii) The relevance of taking action now in order to mitigate the toxic effects of COVID-19 lockdowns also called attention.
- (iv) The impact of the current induced stress and its influence on past related traumas or other existing psychological problems were also made aware of.
- (v) The importance of building a mentally resilient team and organization with the aid of those organizations or countries who have navigated to this space successfully.

3.3. Policy making and practice context:

The lives of people have been drastically affected with lock-down and fear related to the disease's potential effects and transmission. It is no surprise of the insights on the long-term damage of disasters which have been accepted in the field of trauma psychology for decades. Hence, post the end of this unprecedented lockdown, we will need all able bodies to help the world recover in all factors namely health, education, livelihood and economy. The stakeholders involved amongst which the body that constitutes the most significant role to play is the government and the policy makers, to accommodate the new normal and ease the process of adapting to the new normal for the general population. The fear due to the contraction of COVID -19 is on the rise because of the death tolls and global spread. Hence, this webinar also attempted to find the initial psychological impact of COVID-19 among general public; and understand its relationship with physical symptoms which can potentially help policy makers in formulating comprehensive interventions. This webinar highlighted the need of psychological intervention as the need of the hour and its implementation at the earliest.

- (i) Need for more systematic and longitudinal assessment of psychological needs of the population, which can help the government in formulating holistic interventions for affected individuals.
- (ii) The findings of the pandemic's impact on mental health which can inform health officials and the public to provide mental health interventions for the frontline warriors, Covid patients, recovered people and their families and the masses.
- (iii) There are mental health concerns like anxiety, worries and insomnia especially after the declaration of lockdown in India on 24th March, 2020.
- (iv) Identify trigger points and anticipating issues, and how to address them.
- (v) Government of India has launched helpline numbers to provide guidance and counselling, in collaboration with different Institutes of national importance. World

Health Organization has urged to take the necessary precautions to tackle the negative impact of the spread of Coronavirus on psychological health and well-being. Hence, strengthening the mental health condition, catering to the psychosocial emotional needs of all and doing away with stigma via dissemination of factual based information and scientifically proven evidences.

- (vi) Dire need for more job creation for psychology related fields, especially in the rural areas of the country and introduction of the subject in +2 and Pre university level in wide scale across all the schools and colleges of India irrespective of Private, autonomous or government.
- (vii) Mandatory appointment of Psychologists and Counsellors in every schools and organizations.

PART 4: APPENDICES & ANNEXURE

4. 1 Programme Schedule

The tentative programme schedule of the programme is detailed:

Date & Day	Time	Topic	Resource Person
Day 1: 2 nd June, 2020 (Tuesday)	3.30 pm-3.35pm	<u>Inauguration Program</u> Welcome address:	Dr. Kakali Goswami, H.O.D, Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh
	3.35 pm – 3.45 pm	Speech by Registrar, R.G.U	Prof. Tomo Riba
	3.45 pm – 3.55 pm	Speech by Pro V.C., R.G.U	Prof. A. Mitra
	3.55 pm – 4.05 pm	Speech by V.C., R.G.U	Prof. Saket Kushwaha
	4.05 pm-5.00pm	<u>Technical Session 1</u> "Emotional well being during and after the COVID-19 pandemic."	Dr. Rita Rani Talukdar, Associate Professor, Department of Psychology, Gauhati University, Assam.

	5.00 pm-6.00pm	<u>Technical Session 2</u> "Building resilience amongst students: seeking help beyond self care."	Dr. Nesmita Das, Students Counsellor, Centre for Holistic Well-being, IIT Guwahati, Assam
Day 2: 3 rd June, 2020 (Wednesday)	2.00 pm- 3.00 pm	<u>Technical Session 1</u> "Understanding Boredom and Motivation."	Ms. Sampreeti Das, Certified Psychological Counsellor and Assistant Professor, Department of Psychology, Assam Don Bosco University, Guwahati, Assam.
	3.00 pm- 4.00 pm	<u>Technical Session 2</u> "Supporting the mentally vulnerable during COVID-19".	Professor C. Lalfamkima Varte, Professor, Department of Psychology, Mizoram University, Mizoram
	4.00 pm- 5.00 pm	<u>Technical Session 3</u> "Stress management."	Ms. Pampak Khumukcham, Clinical Psychologist & Assistant Professor, RIMS, Manipur.
		<u>Valedictory session:</u>	
	5.00 pm – 5.05 pm	Welcome Address	Dr. K. P. Singh, Assistant Professor cum Head i/c, Department of Social Work, Rajiv Gandhi University,
	5.05 pm - 5.10 pm	Brief Webinar Report	Miss Yuma Narah, Co-convenor.
	5.10 pm – 5.20 pm	Experience Sharing Session	
	5.20 pm – 5.30 pm	Address by Registrar, RGU	Prof. Tomo Riba
	5.30 pm – 5.40 pm	Valedictory address by Former Dean, Faculty of Education, R.G.U.	Prof. J. Sahoo
	5.40 pm – 5.45 pm	Vote of Thanks	Dr. Kakali Goswami, Convenor & Assistant Professor, Department of Psychology, R.G.U.

Annexure 3: Photograph



Annexure 4: Media Coverage

The webinar was well covered in Local daily Newspaper of the state.

Following all the link of the media coverage:

http://echoofarunachal.in/news_details.php?nid=7205

<https://thedawnlitpost.com/curtains-on-webinar-on-promoting-mental-health/>



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"Promoting Mental Health During Covid 19 Crisis"
 on 2nd and 3rd June, 2020

The webinar is an attempt to promote Psychological wellbeing during the Covid-19. The consequential uncertainty and sudden lifestyle changes have created waves of confusion, anxiety and psychological distress across the globe. Besides taking precautionary measures for optimum physical health, emphasis on mental well being is also crucial for building good physical immunity, resilience and promoting a healthy mind and body functioning. Therefore, there is a dire need to assess the challenges in the mental health scenario, create awareness and provide help to those in need to better equip one with techniques and tips for building both physical and psychological resilience for the ongoing crisis.

Objectives:

1. To understand the psychological impact of the pandemic;
2. To explore avenues for extending psychological support to the vulnerable sections in the context of Covid-19;
3. To promote and enhance emotional wellbeing during and after the Covid- 19; and
4. To provide techniques for stress management and motivational support.

Chief Patron



Prof. Saket Kushwaha
 Vice-Chancellor, RGU

Resource Persons



Prof. C. Lalfamkima Varte
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Dr. Rita Rani Talukdar
 Associate Professor
 Gauhati University, Assam



Prof. Tamo Riba
 Registrar, RGU

Important Notes
 The Live Web
 Programme will be
 delivered through
 Google Meet.

All the registered
 participants will be
 provided e-certificate of
 participation.

Programme Outcomes:

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

1. To Provide an understanding of the underlying mechanisms of the various psychological issues, as well as discuss healthy management techniques;
2. To incorporate resilience and motivation via positive coping behaviour; and
3. To Create balance between physical and mental health for a holistic well being.

Who can apply?

This webinar is open for all the stakeholders who have keen interest in promoting mental health particularly students, research scholars, faculty members, and health professionals etc.

How to apply?

There is no registration fee. The registration opens from 28th May, 2020. Number of seats are limited. The selected participants will be communicated through registered mail IDs with program schedule.

Participants can register for the program by clicking on this link:
<https://forms.gle/sjnpQo32A19mEUrm7>

Advisory Committee

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