

Govt Arts and Commerce Girls College Raipur

Date: 22 May 2021

One Day Webinar on Coping with COVID-19

Time: 12pm-02pm

Organized by IQAC



Speaker: Professor Pratibha J Mishra

Department of social work

Guru Ghasidas Central University, Bilaspur

Topic: Mental health and wellbeing:
psychological counseling during and after Covid



**Patron & Principal
Dr Amitabh Banerjee**



Introduction of Topic

Professor Ushakiran Agrawal

Head, Department of Psychology

Govt D.B. Girls' P.G. (Autonomous) College, Raipur

**Convener
Dr Meena Pathak**

Organizing Committee

Mrs Usha Agrawal
Dr Chandrakanta Pandey
Mrs Ranjana Puja Yadav

**Co-Convener
Dr Anjana Purohit**

**Organizing Secretary
Dr Kavita Sharma**

E-Certificate for all
registered participant

Registration Link: <https://forms.gle/jiMkPWUKQiRDj41s6>

Saturday

You Tube Link:
<https://youtu.be/Q2JndOpEw7U>

Date: 22 May 2021

Total Registration:622

Questions Responses 622



One day Webinar on Coping with COVID-19

Organized by IQAC, Govt. Arts and Commerce Girls College, Devendra Nagar, Raipur, CG. 22nd MAY 2021.

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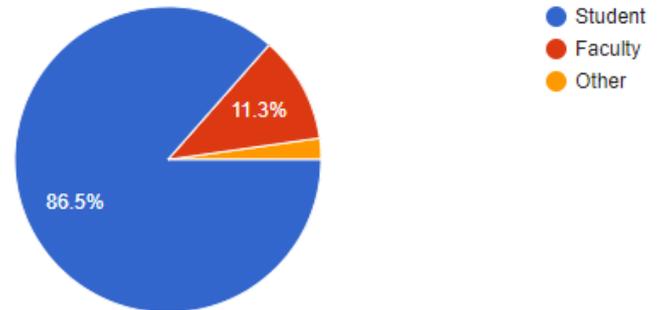
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Your Name *

Short answer text

Are You ?

622 responses



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Head, Department of Psychology

Govt D.B. Girls' P.G. (Autonomous) College, Raipur

TIME	PROGRAM	INCHARGE
22 MAY 2021, 11:30 to 12:00 Joining		
12:00pm to 12.05pm	Welcome address	Mrs Usha Agrawal
12:05pm to 12.10pm	Introduction of Dr Ushakiran Agrawal	Dr. Meena Pathak
12:10pm to 12.30pm	About Topic	Dr Ushakiran Agrawal
12:30pm to 12:35pm	Introduction of Speaker	Dr. Anjana Vyas
12:35pm to 01:15pm	Speech: Professor Pratibha J Mishra	Guru Ghasidas Central University, Bilaspur
01:15pm to 01:25pm	Query Session	Participants
01:25pm to 01:40pm	Address by Principal	Dr. Amitabh Banerjee
01:40pm to 01:45pm	Vote of Thanks	Mrs Ranjana Puja Yadav
01:45pm to 02:00pm	Feedback and Certification	Participants

Date: 22 May 2021

**Patron & Principal
Dr Amitabh Banerjee**

Time: 12pm-02pm

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Dr Meena Pathak
Co-Convener
Dr Anjana Purohit

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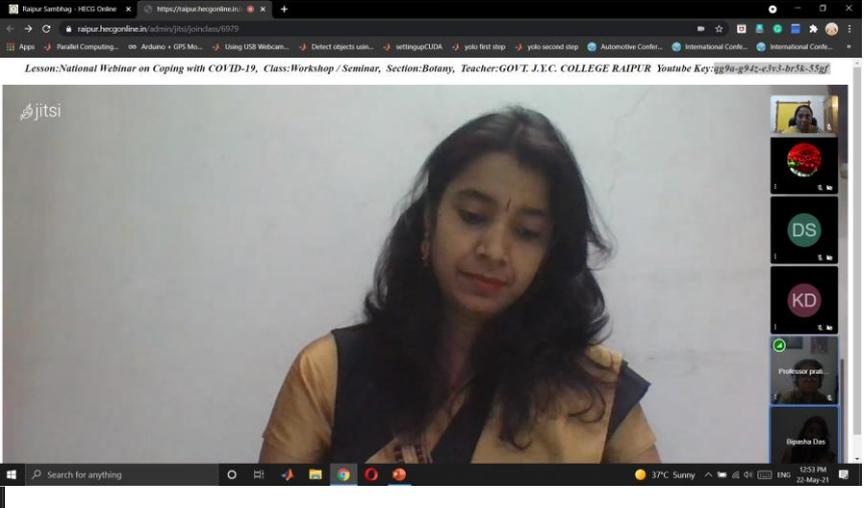
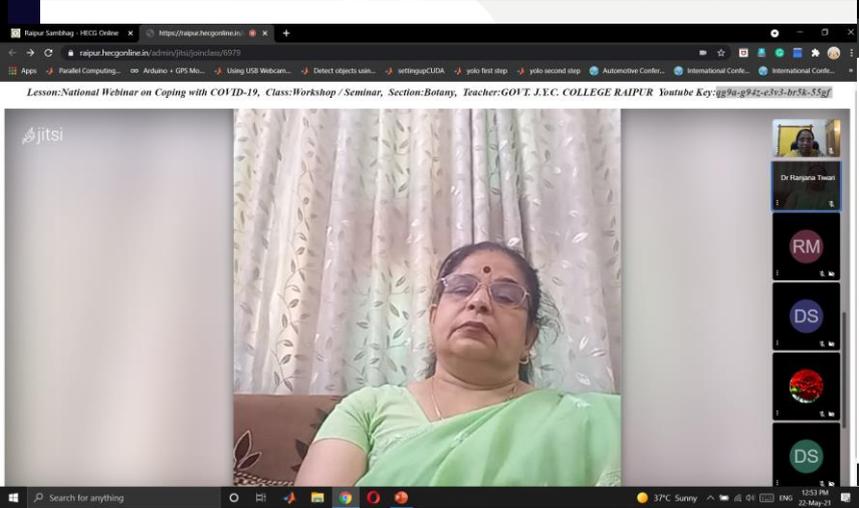
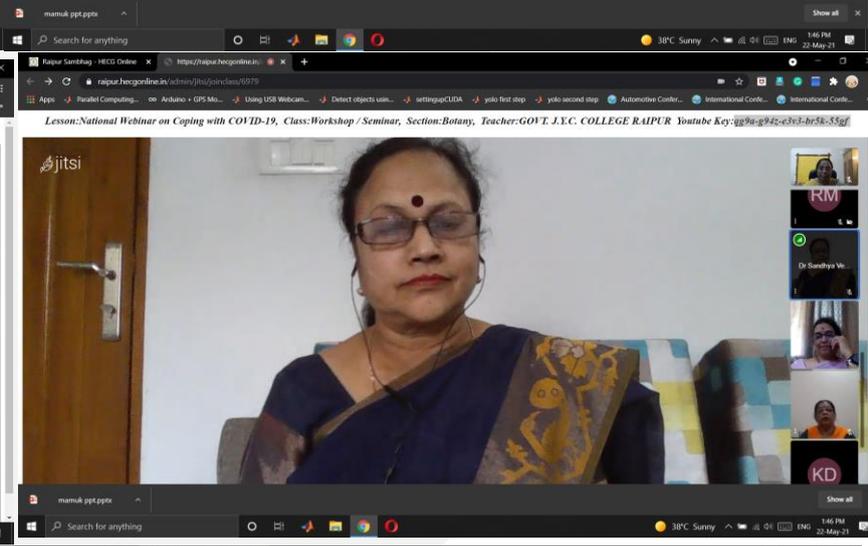
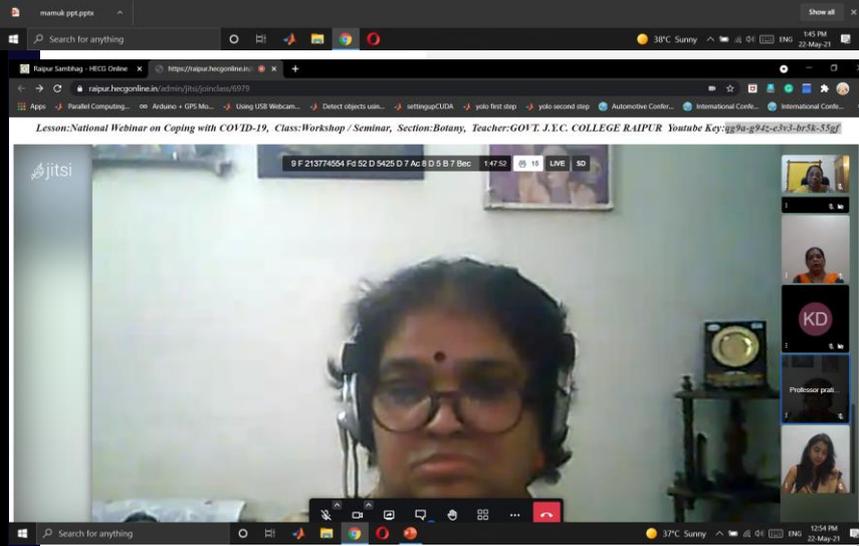
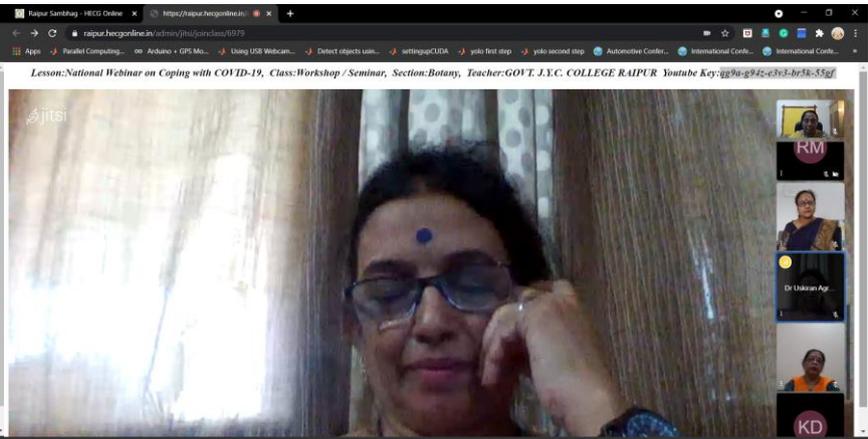
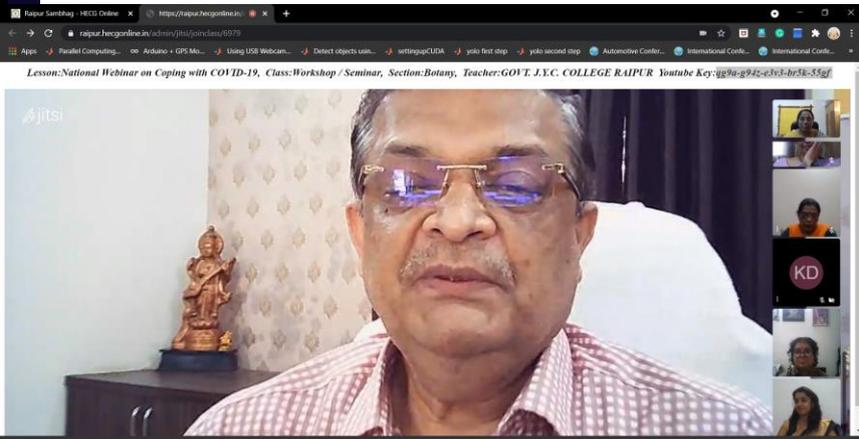
Organizing Committee
Mrs Usha Agrawal
Dr Chandrakanta Pandey
Mrs Ranjana Puja Yadav

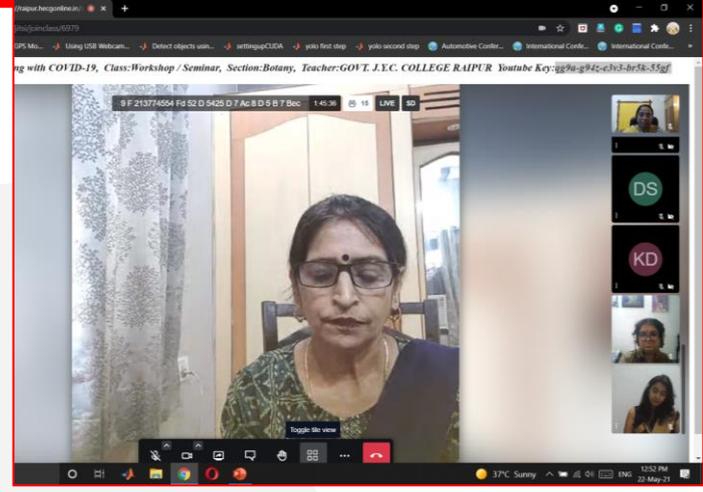
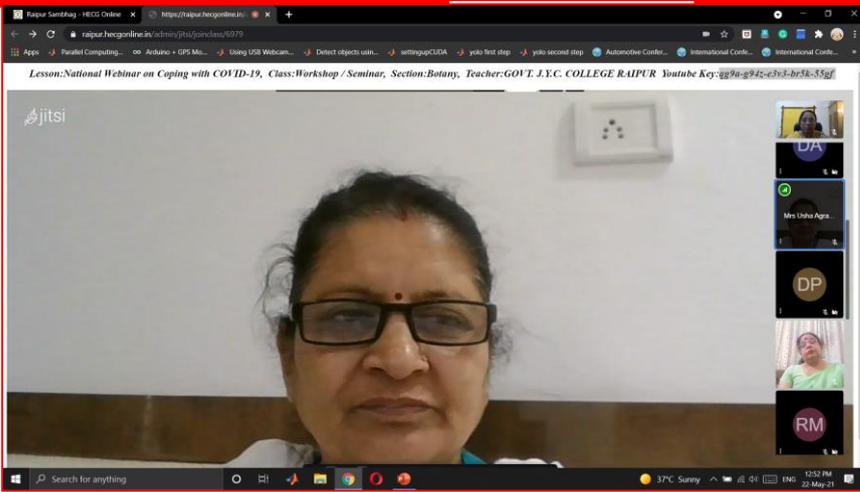
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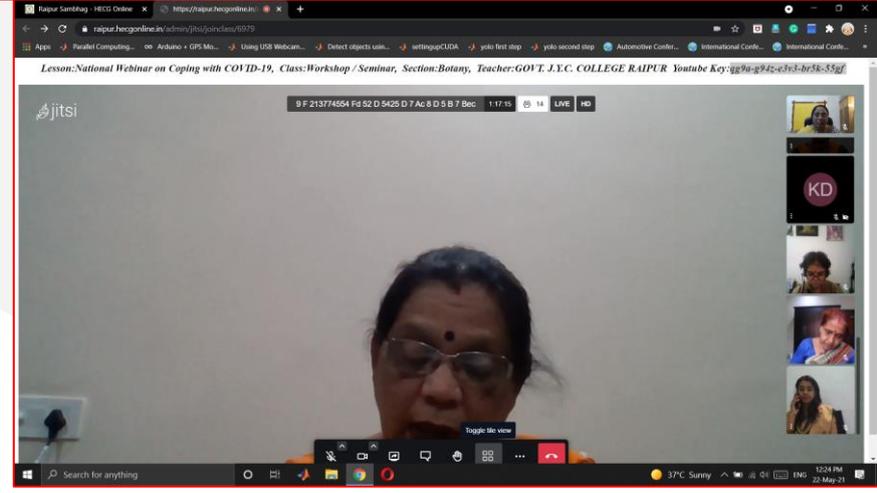
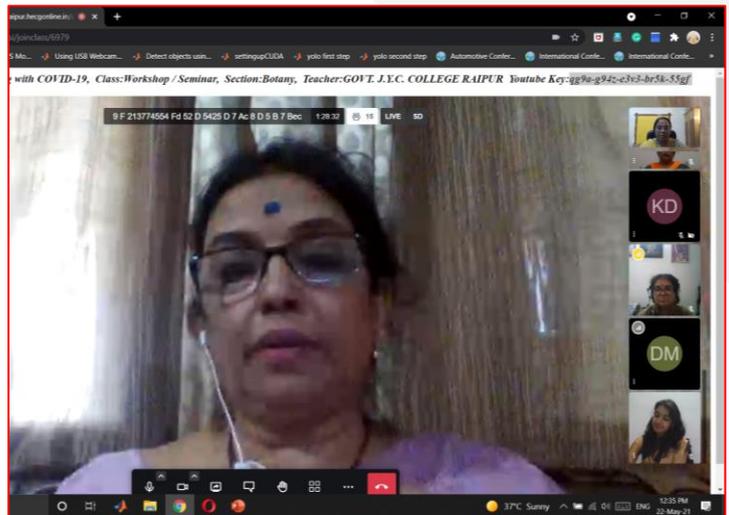
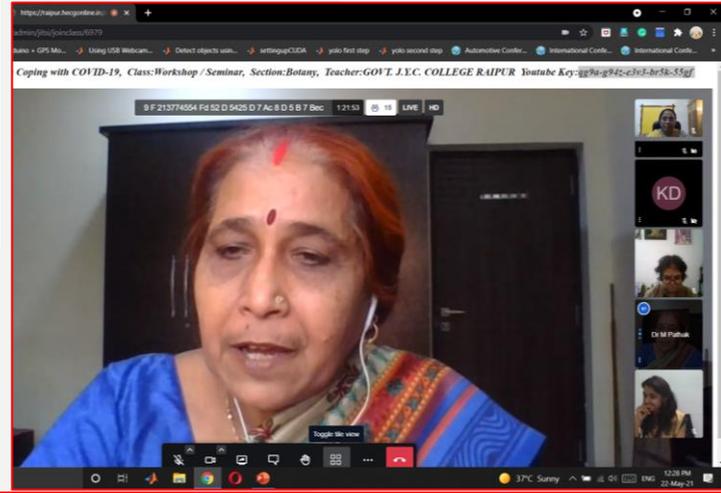
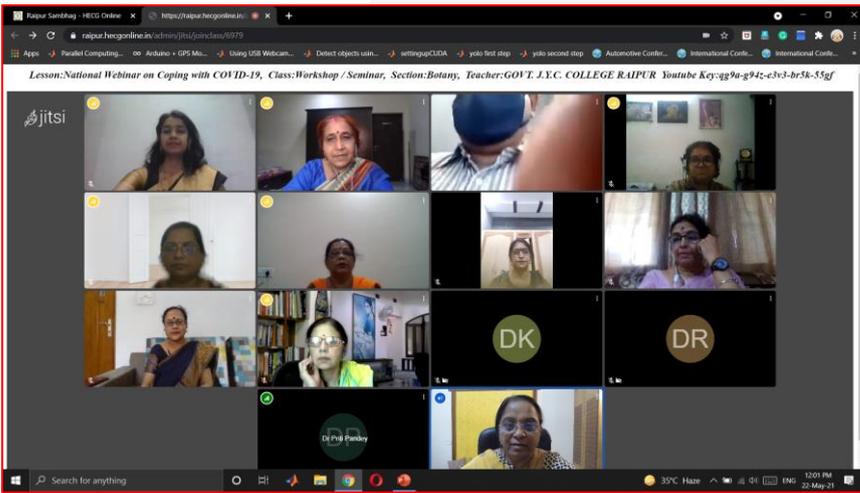
VID-19, Class:Workshop / Seminar, Section:Botany, Teacher:GOVT. J.Y.C. COLLEGE RAIPUR Youtube Key:qg9c







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Feedback Form Coping with COVID-19

Form description

Email *

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Full Name *

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College Name/ Institute *

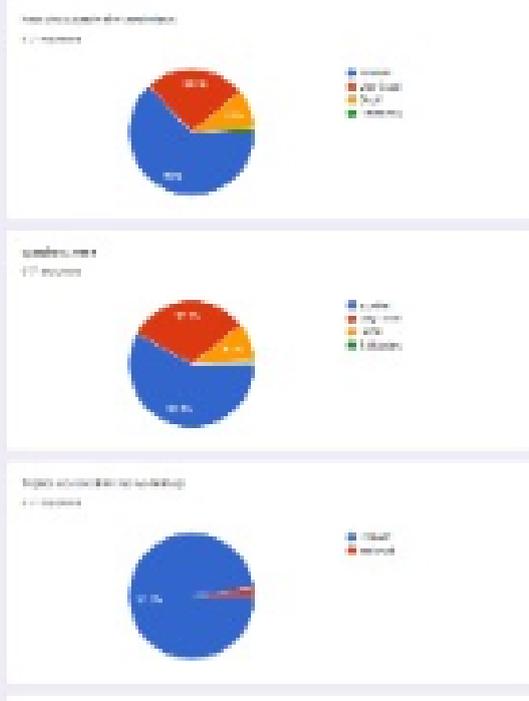
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Designation/Class

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FEEDBACK



Certificate

GOVT. ARTS & COMMERCE GIRLS COLLEGE, RAIPUR, (C.G.)



Certificate

THIS IS TO CERTIFY THAT

[[Full Name]]

*Has participated in One Day Webinar on "Coping with COVID-19"
organized by IQAC, Govt. Arts and Commerce Girls College,
Devendra Nagar, Raipur, Chhattisgarh on 22 May 2021.*

Dr Meena Pathak
Convener

Dr Kavita Sharma
Organizing Secretary

Dr Amitabh Banerjee
Principal

Dr Anjana Purohit
Co-Convener

RAIPUR

The Hitavada

THE PEOPLE'S PAPER • SINCE 1911

Experts put views on mental health, wellbeing in webinar

■ Staff Reporter

RAIPUR, May 22

A WEBINAR on 'Mental Health and Wellbeing: Psychological Counseling during and Post COVID' was organised by the Internal Assessment Quality Cell of Government Arts and Commerce Girls College, Devendra Nagar, Raipur on Saturday.

The webinar was organised under the guidance of College Principal Dr Amitabh Banerjee while it was conducted by Internal Quality Assessment Cell in-charge Dr Kavita Sharma and coordinated by Dr Meena Pathak and co-convenor Dr Anjana Purohit.

The webinar commenced with the results of a selfie of the biodiversity programme conducted earlier by Dr Sheela Dubey.

Dr Usha Kiran Agarwal, Head of Department, Psychology, introduced the guests. She said that the COVID-19 pandemic has given birth to the culture of work from home. "It is now a challenge to protect ourselves from negative thoughts. The frontline workers like journalists, health workers, police personnel etc are more exposed to the pandemic and

therefore they should take special care of themselves. Today young people are suffering from stress and anxiety," she said.

The main speaker of the webinar Professor Pratibha J Mishra, Head of Department, Social Work, Guru Ghasidas Central University, Bilaspur, said that



Professors from different colleges of Chhattisgarh presenting their views during a webinar on Saturday.

many social issues have come to fore during this pandemic period. Black marketing, corruption etc adding to woes and therefore maintaining mental balance and strength has become the key. She advised to avoid misleading information. If you keep yourself happy then you will be able to keep others happy too. She said that positivity can be maintained only by connecting with the family. Social distance is not social loneliness, she said.

At the end of the programme, Principal Dr Banerjee that negativity is increasing due to misleading information. Economic condition of people has worsened due this pandemic, he said.

Ranjana Pooja Yadav proposed a vote of thanks. The webinar was mainly attended by senior professors Usha Agarwal, Dr Sandhya Verma, Dr Preeti Pandey, Dr Ranjana Tiwari, Dr Sushma Tiwari, Dr Renu Maheshwari, Dr MB Thakur and Dr Kavita Das.