

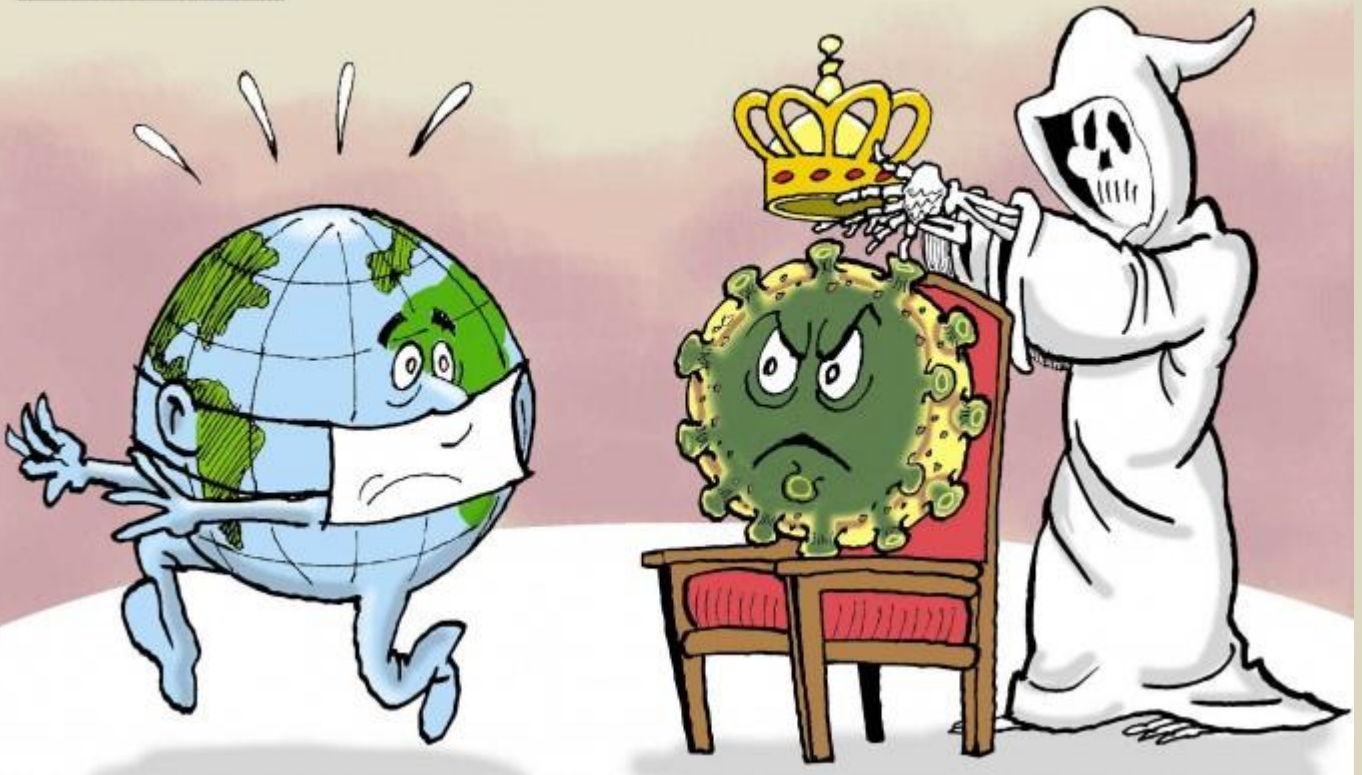


অসম বিশ্ববিদ্যালয়
ASSAM UNIVERSITY

One Day Webinar on
Dealing with Disquietude in Pandemic:
Musings from Psychological Perspective
(Date: 11th June 2021, Time: 12:30 pm-3:00 pm)

Organized By
Centre for Educational Planning and Management,
A.M. School of Educational Sciences,
Assam University, Silchar-788011, Assam.

Corona virus



CONCEPT NOTE

Coronavirus disease 2019 (COVID-19) is an infectious disease that has spread globally, resulting in a pandemic. A pandemic is more than just a medical phenomenon; it disrupts people's lives and society, generating anxiety, stress, stigma, and xenophobia. The COVID-19 pandemic is a global health concern that has the potential to have a profound influence on people's mental health and well-being. Fear, worry, and stress are all-natural reactions to perceived or real threats, as well as to uncertainty and the unknown. So, it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. For a long time, the COVID-19 pandemic put people under a lot of stress. The fear of contracting the virus in a pandemic like COVID-19 is exacerbated by the significant changes to our daily lives as our movements are restricted in support of efforts to contain and minimise the virus's spread. Working from home, temporary unemployment, home-based education, and a lack of physical interaction with other family members, friends, and co-workers are all new realities that our mental and physical health. The COVID-19 has a substantial influence on many aspects of daily life. During the epidemic, the global education system underwent a paradigm shift, favouring online learning. Despite the challenges we face in the compelled virtual learning environment, which is new to many in the remote corners of our nation, there are reasons to be optimistic. Optimism is a psychological trait that impacts many facets of life; optimistic people are always looking for the positive side of things. The COVID-19, on the other hand, has elicited anxiety, apprehension, and a generally negative reaction. We must have unwavering faith and hope to overcome these obstacles, which permits us to see the silver lining in every dark cloud.

Students are the most vulnerable and face greater difficulties and may require special care and attention. Some of these students lack significant physical as well as emotional support. If not addressed swiftly, the fear and

stress induced by COVID-19 may worsen their sense of insecurity and lead to even more serious mental health disorders. Students who do not have reliable internet access or technology find it difficult to engage in digital learning; this gap is exists across countries. Because the online learning process is presently being carried out as a result of situations beyond individual control, such as the worldwide covid pandemic, students' optimism is prevailing in the personalising component. In light of these situations, approaches can be designed to increase student optimism, resulting in improved learning outcomes. Because COVID-19 cannot be avoided, the most vulnerable aspect of optimism is constancy.

THEMATICS

Resource Person 1: Mental Health during Pandemic.

Resource Person 2: Online Classes - Managing Stress and Anxiey.

Resource Person 3: Optimism and Wellbeing.

TARGET GROUP

Academicians, Faculties, Researchers and Students of all disciplines.

MODE OF DELIBERATION

The mode will be online for open discussion.

GOOGLE MEET LINK

<https://meet.google.com/pfp-ypxy-vhd>

REGISTRATION LINK

<https://forms.gle/K6jYXXeDJ4Th9FTK9>

LAST DATE OF REGISTRATION: JUNE 9th 2021.



PROGRAMME SCHEDULE

Events	Speakers	Time
Inaugural Session	Prof. Dilip Chandra Nath Vice Chancellor, Assam University, Silchar.	12:30pm-12:35pm
	Prof. Geetika Bagchi Dean, Ashutosh Mukhopadhyay School of Educational Sciences, Assam University, Silchar.	12:35pm-12:38pm
	Prof. Ajay Kumar Singh Head, Department of Education, Assam University, Silchar.	12:38pm-12:40pm
Introducing the Resource Person-1	Dr. Sreeparna Bhattacharjee Assistant Professor, Department of Education, Assam University, Silchar.	12:40pm-12:45pm
Resource Person-1	Ms. Sahely Ganguly Consultant Clinical Psychologist and Psychotherapist in AMRI Hospital, Dhakuria Branch, Kolkata.	12:45pm-1:20pm
Introducing the Resource Person-2	Dr. Remith George Carri Assistant Professor, Department of Education, Assam University, Silchar.	1:20pm-1:25pm
Resource Person-2	Dr. Nandita Deb Assistant Professor & Head, Dept. of Education, Shishuram Das College (Govt.Aided), Sarisha University of Calcutta, West Bengal	1:25pm-2:05pm
Introducing the Resource Person-3	Dr. T. Manichander Assistant Professor, Department of Education, Assam University, Silchar.	2:05pm-2:10pm
Resource Person-3	Prof. S. Kadiravan Controller of Examinations [FAC], Dean, Social Science & HoD, Department of Psychology, Periyar University, Salem, Tamil Nadu.	2:10pm-2:50pm
Valedictory Session	Vote of Thanks by: Dr. T. Manichander	2:50pm-3:00pm



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ORGANISED BY
CENTRE FOR EDUCATIONAL PLANNING AND MANAGEMENT,
A.M. SCHOOL OF EDUCATIONAL SCIENCES, ASSAM UNIVERSITY
DATE: 11.06.2021 | TIME: 12.30 TO 3.00PM


SPEAKERS



MS. SAHELY GANGULY
Consultant Clinical Psychologist
and Psychotherapist in
"AMRI – Hospital, Dhakuria branch,
Kolkata"



Dr. NANDITA DEB
Asst. Professor & Head,
Dept. of Education, Shishuram Das
College (Govt.Aided), Sarisha
University of Calcutta, West Bengal



PROF. S. KADHIRAVAN
Controller of Examinations [FAC],
Dean, Social Science &
HoD, Dept. of Psychology,
Periyar University, Tamil Nadu

PATRON

CHAIRPERSON

ADVISOR

COORDINATORS



Prof. D.C. Nath
Vice-Chancellor
Assam University,
Silchar



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Dean, A.M. School of
Educational Sciences,
Assam University, Silchar



Prof. A.K. Singh
HoD, Dept. of Education
Assam University,
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Dr. S. Bhattacharjee
Assistant Professor
Department of Education
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Dr. R. George Carri
Assistant Professor
Department of Education
Assam University, Silchar



Dr. T. Manichander
Assistant Professor
Department of Education
Assam University, Silchar

Registration Free

**THIS WEBINAR IS OPEN FOR ACADEMICIANS, FACULTIES,
RESEARCHERS, STUDENTS OF ALL DISCIPLINES**

Registration Link:

<https://forms.gle/K6jYXXeDJ4Th9FTK9>
Last Date of Registration: 9/6/2021

Technical Support by:

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