

SRI GVG VISALAKSHI COLLEGE FOR WOMEN



Autonomous & Affiliated to Bharathiar University
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An ISO 9001:2015 Certified Institution
Udumalpet - 642 128



Department of History

Webinar


Mental Health and Psychosocial aspects of Covid Outbreak

Date: 07.05.2020


Time:2:00 -3:00 pm

When the corona virus pandemic rapidly swept across the world, it induced a considerable degree of fear, worry and concern in the population at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions. In public mental health terms, the main psychological impact elevated the rates of stress or anxiety

To propose, to adopt behavior modification and to adapt with the quarantine, social isolation and social distancing a Webinar titled “Mental Health and Psychosocial aspects of Covid Outbreak” was organized on 07.05.2020.




Sri GVG Visalakshi College for Women, Udumalpet
Autonomous,
Affiliated to Bharathiar University, Coimbatore
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**Department of History
Webinar**

Topic: Mental Health and Psychosocial aspects of Covid Outbreak
Resource Person

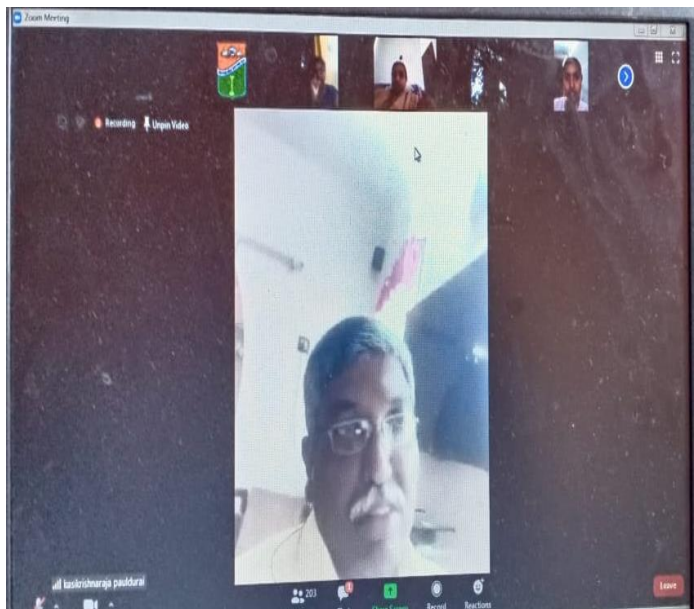
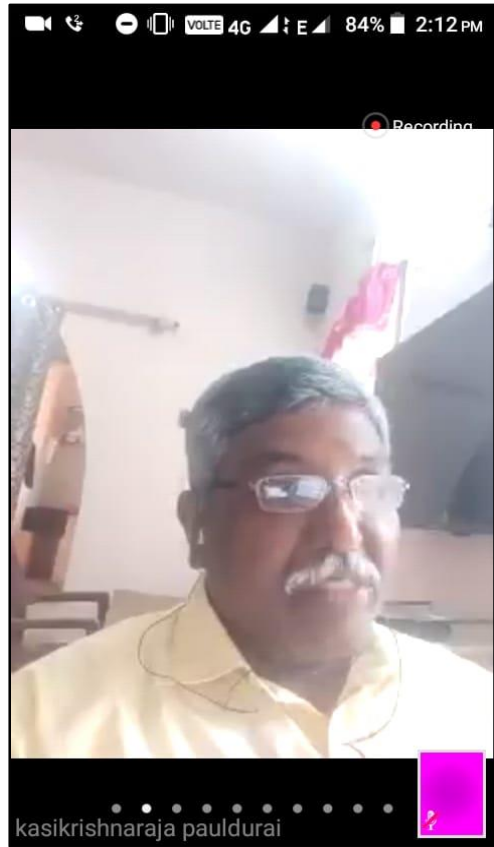


Dr P.Kasi Krishna Raja DPM ,DNB ,MNAMS
Associate Professor of Psychiatry and HOD,
Department of Psychiatry,
Government Erode Medical College
Perundurai.

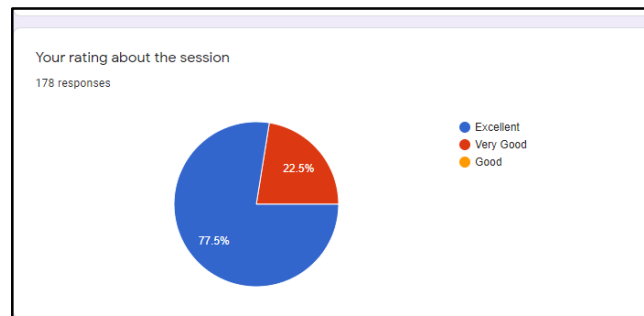
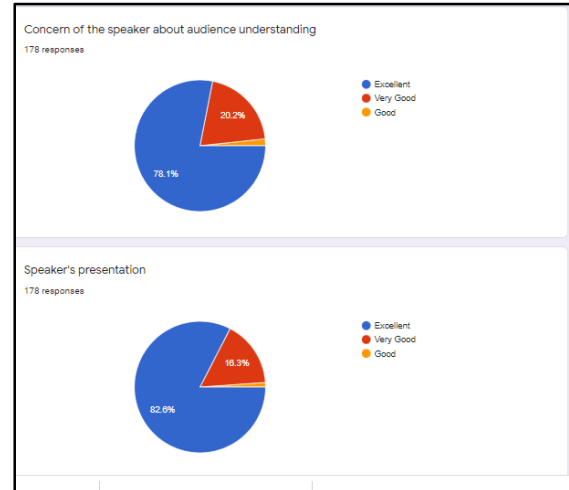
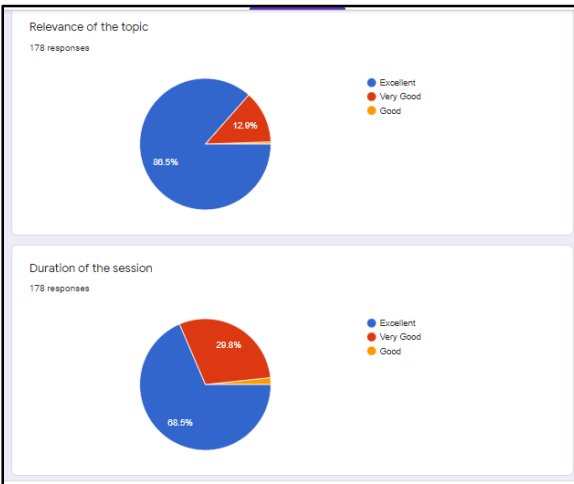
Date: 07.05. 2020 Time : 2.00 - 3.00

Click Here for Registration: <https://forms.gle/uA78s77RzbAjoC2dA>

Coordinator: Dr.S.Shenbagavalli, Assistant Professor



Feed Back



Registration Link:

https://docs.google.com/forms/d/1pbuvso_50YY4HsyoCsj7LWgjnNvfRI0zds9qLixz7M4/edit

Meeting Link : Zoom Meeting:

<https://us02web.zoom.us/j/81809571460?pwd=SUYxemFTb1BzeEdSUUs5L0gxeVNGQT09>

Meeting ID: 818 0957 1460

Password: 325079

Link for Certificates:

<https://drive.google.com/drive/u/0/folders/1M9r4TqVaTs03xFWPbF9rr9VS0FNWfRkB>

Report of the Webinar

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SRI GIVGI VISALAKSHI COLLEGE FOR WOMEN (Autonomous)
Re Accredited at 'A+' Grade by NAAC (IV Cycle)
An ISO 9001:2015 Certified Institution
Udumalpet.

Webinar Mental Health and Psychosocial aspects of Covid Outbreak

Date: 07.05.2020

Time: 2:00-3:00pm

Platform: Zoom

Objective: To adopt behaviour modification and to adapt with the quarantine, social isolation and social distancing.

The outbreak of Covid-19 Pandemic has hastened to enforce measures such as social distancing, quarantine and isolation. These measures have a significant effect on young people's mental health. Hence a webinar was arranged by Department of History, to generate mental health awareness among young people and strengthen demand for integrated mental health and psychosocial intervention.

The Resource Person of the webinar was Dr. P. Kasi Krishna Raja DPM, DNB, MNAMS, Associate Professor of Psychiatry and HOD, Department of Psychiatry, Government Medical college, Perundurai.

The programme started with a opening remark and introducing the speaker by Dr. S. Shenbagavalli, Assistant Professor of History and Coordinator of the Webinar.

The session revolved around the importance of mental health during Covid-19 Pandemic. The speaker highlighted the measures and techniques that can be used in order to maintain one's sanity in the present time. A series of messages to support mental and psychosocio well being in different target groups were discussed. The webinar was a really productive one.

The session ended with a round of discussion and vote of Thanks by Dr. S. Renukadevi, Asst. Prof. of History.

486 Participants registered for the Webinar.
178 participants recorded their feedback.
e-certificates were issued.

S. Shenbagavalli
Dr. S. Shenbagavalli
Coordinator

D. Saraswathi
Dr. V.K. Saraswathi
Head
Department of History

PROFESSOR & HEAD,
DEPARTMENT OF HISTORY,
SRI GVG VISALAKSHI COLLEGE FOR WOMEN,
UDUMALPET.

S. Kalaiselvi
Principal/c

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