TAKE CARE OF YOURSELF

Unbalanced Fearful Depressi
Conflict Emptiness
...ssed Unhappy Frightenin
Hopeless Anxious
Anxiety Stress Fe
Chaos Hopelessness
Confu
Despair Misery

NIRDPR – NERC PRESENTS

3rd Webinar Training on Management of Mental Well-Being during (COVID –19) Coronavirus Pandemic

ADDRESS
National Institue of Rural Development and Panchayati Raj (NIRDPR) - North Eastern Regional Centre (NERC) Guwahati - Assam

WEB
www.nirdpr.org.in/
www.nirdnerc.nic.in

NIRDPR

Session Date & Time:
May 6 - 8, 2020
2.00 PM - 4.30 PM
Every day

Webinar Training on Management of Mental Well -Being during Covid -19 (Coronavirus) Pandemic

About the Course

COVID-19 pandemic exposed the people to extraordinary situations and has caused a significant impact on many individuals throughout this country and beyond. The impact has affected mental health and resulted emotional difficulties like anxiety, depression,changes in sleep as well as mental illness . The wide spread social and economic disruptions of the pandemic had a psychological impact on the community and affected the functioning. However, there are resources, approaches and strategies available to manage your mental well-being. Join us, as we discuss the concepts of mental health and skills for managing our mental well -being by boosting our resilience during Covid -19 and ways we can continue to support each other as we learn more each day.

Objectives

• Discuss the concept of Mental Health ,Covid -19 and Mental Wellbeing.

• Explain the mental health issues of Quarantine and isolation and orient the skills of mindfulness for supporting the wellbeing.

*Promote Positive personality,emotional well--being and coping during Covid-19

• Explore the tips, resources, and strategies to manage our mental well being .

IIntended Audience: Employees/students/scholars and individuals at Home stay and working from Home during ICovid-19 pandemic.

Webinar Director: Dr.T.Vijaya Kumar,Associate Professor,NIRDPR-NERC,Guwahati, Assam.

   (email id: webinarmwb@gmail.com)

REGISTRATION COST: Free

Note: This webinar runs from 2:00 PM - 4.30 PM every day during - May 06-08,2020.

YOU WILL RECEIVE THE LINK OF THE WEBINAR THROUGH E MAIL After Registration ON May 05,2020. Only Limited participants will be handled online on a first cum first basis, remaining will be accommodated in subsequent batches. Registration link of Google forms is provided below.

Registration LInk :   https://forms.gle/f5u7Sdx7CKdJNULy8

Reflections on the training programme

I congratulate the NIRDPR NERC Guwahati team for designing the webinar trainings on Mental well being. The people are facing the increasing fear and anxiety during these uncertain times.Therefore it is of most relevant and I wish the webinars great success.

Prof. R.P Vadhera
Pro-Vice Chancellor, Mizoram University, Aizawl

Mental health and well being are the significant of anyone during covid-19.People are under the mental pressure. The NIRDPR training is definitely hoped to make mental makeup and attitude of the people to mange covid-19 difficulty effectively.

Prof. K.C.Kapoor, Prof & Head
Dept of Education
Assam Don Bosco University, Assam

The Global coronavirus pandemic has changed our concept of Life and exposed to extraordinary situations. This Training on Management of Mental Well being will be helpful to every body.

Prof.R.C.Patel
Dean, Faculty of Education & Psychology:
The M.S.University of Baroda.Gujarat.

It has been a great learning experience by attending this NIRDPR NERC training and helped a lot to boost my mental strength and has ttrong positive effect.

Ms.Sreeparna Mukherjee, PG student
Visva-Bharathi University-West Bengal.

A timely great effort by NIRDPR and the organisation of this 3 day webinar training was amazing for educating the participants to combat covid-19,

Prof. Amaresh B. Charantimath
BVVS Institute of Management,Bagalkot, Karnataka

The training was very useful due to its practical implications and learning of mindfulness is really helpful to manage mental health in stressful situations.

Dr.Bharati,Mathura,Uttar Pradesh

The training programme was interactive, insightful and motivational to adopt postive coping strategies during this pandemic.

Mr.G.Ramesh Kumar,Consultant
RIGP(World Bank Project) SERP- Andhra Pradesh.