

## **Finding Hope In Crisis Of Covid-19 Pandemic**

A one day webinar on the “Finding Hope in Crisis of Covid-19 Pandemic” was organized by NSS in collaboration with IQAC, Mankar College on 27<sup>th</sup> July, 2021. The speaker of the webinar were Prof. Om Prakash Singh and Mrs. Praitī Chakraborty. COVID-19 pandemic has been emerging as major stressor across the globe. The existing health services are under threats to control the infection and reduce casualties. Governmental ‘lockdown’ initiative intended at minimizing virus transmission including ‘stay at home’ orders and ‘social distancing’. The initial objective was necessarily on the physical consequences of the infection. However, there is growing concern regarding psychological consequences emerging out from this catastrophe. Since one year the whole education system has been confined at home due to pandemic. It has been continuing its activities through virtual platforms. Students are being confined to the home and are being separated from the teachers, friends and society for a long time. In such backdrops, students may experience a range of psychological issues such as anxiety, fear, worry, depression etc. Positive mental health is important during this crisis period. Hence the situation needs to be addressed on common platform, especially among the students and the strategies to combat with the crisis must be sorted out.

YouTube link of the webinar:

<https://www.youtube.com/watch?v=yErq17i5kcI>