

SUMMARY REPORT OF THE NATIONAL WEBINAR

"Mental health and Emotional well-being of students during COVID-19 pandemic"

On

7th August 2020 from 10:30 a.m. onwards.

Virtually done through GOOGLE MEET.

The Department of Psychology and IQAC, M.B.B. College organized a Webinar on **"Mental health and Emotional well-being of students during COVID-19 pandemic"** on the 7th August 2020 from 10:30 a.m. onwards. The webinar focused on the mental health & well being of the students during the COVID-19 pandemic. The programme started at 10:30 am with the welcome address by Dr. Deepa Ghosh, Associate Professor & the Head of the Department, Department of Psychology, MBB College.

In the above-mentioned national webinar, 3 resource persons from different parts of the country were invited to deliver their valuable speech on the different issues related to mental health and emotional well-being. The Keynote speech was delivered by Prof. Shibnath Deb, Director, Rajiv Gandhi National Institute of Youth Development, Ministry of youth affairs and sports, Tamil Nadu, Government of India. Prof. Deb delivered his speech on the topic **"Mental Health and Overall well-being of students during COVID-19 outbreak"**. Further, Dr Kamlesh Kumar Sahu, Associate Professor, PSW, Department of GMCH, Chandigarh, the other resource person in this national webinar had delivered his lecture on **"Digital wellbeing and mental health during Pandemic and beyond"**.

In addition, Dr Arpita Acharjee, Associate professor of the Department of Psychology M.B.B. College had delivered lectures on **"Personality dimension, health behaviour and emotional well being during pandemic"**.

Professor Satyadeo Podder, V.C. M.B.B. University, who remained present in the Webinar had graced the occasion as the Chief Guest.

Saju Vaheed A. IAS, Director, Department of Higher Education, Government of Tripura remained present as the Chief patron. Both of them delivered their valuable speech addressing the participants and made the webinar more vibrant. Altogether 215 participants remained present in the Webinar. The participants actively participated in the Webinar and the questions & answer sessions were lively and informative.

At the end of the technical session Dr. Surajit Sengupta, Assistant professor, Department of sociology, M.B.B. College delivered the concluding speech summarizing the outcome of the webinar. Finally, the Chairperson of the webinar, Dr. Dipannita Chakraborty, Principal M.B.B. College gave the vote of thanks.

Submitted by
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